



Seafood Cookery

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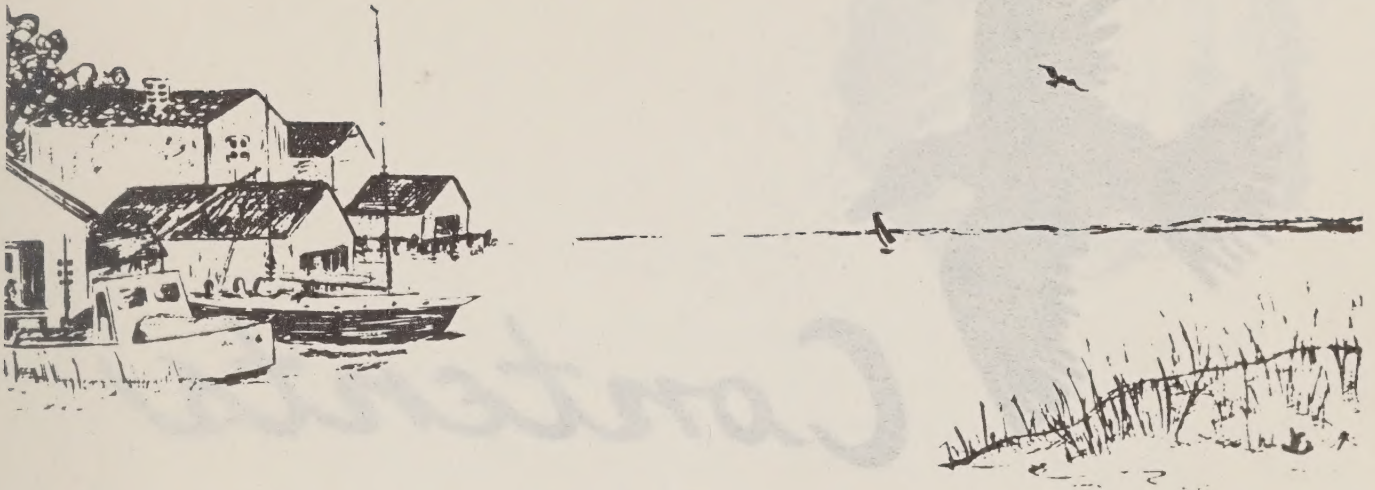
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Contents

| | |
|--------------------------|-----|
| Scallops | 1 |
| Crabs | 9 |
| Clams | 27 |
| Fish | 39 |
| Oysters | 57 |
| Shrimp | 67 |
| Combination Dishes | 85 |
| Miscellaneous | 93 |
| Index | 103 |

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Scallops



The scallop, which gets its name from its distinctive fluted shell, is a relative newcomer to the North Carolina food market. There are three species of scallops gathered along the Atlantic Coast, the bay scallop, the colic scallop and sea scallop. The bay scallop, *Factor modestus*, is the one of commercial importance to North Carolina and the one normally used for eating in this area.

The bay scallop is a bivalve mollusk which lives primarily in the low water. It has a unique characteristic of being able to swim in deep water by keeping its shells together. The powerful adductor muscle which is responsible for this is the part that is most commonly eaten. The scallop is its possession of eyes of deep blue color, located on stalks among the tentacles of the mantle. They are capable of detecting motion of objects. Although the bay scallop is found primarily in shallow water, they will move to various depths and the deeper water allow protection against freezing winters and their organs summer, the bearing of eggs. Scallops cannot be exposed out of water for very long periods of time (such as extremely low tides) for although the adductor muscle is a strong one, it does not have the capacity to remain tense and keep the shells closed.

The scallop can be eaten raw, although most commonly it is cooked. Scallops meat is very high in protein, some carbohydrates, and a very small amount of fat. It is very high in phosphorus and also provides the body with quantities of calcium, iron, zinc, thiamin and thymine.

803692

Florida Wildlife
Society Club

SCALLOP

The scallop, which gets its name from its attractive fluted shell, is a relative newcomer to the North Carolina home consumer. There are three species of scallops gathered along the Atlantic Coast; the bay scallop, calico scallop and sea scallop. The bay scallop, *Pecten irradians*, is the one of commercial importance to North Carolina and the one primarily used for eating in this area.

The bay scallop is a bivalve mollusk which lives primarily in shallow water. It has a unique characteristic of being able to swim or move about by snapping its shells together. The powerful adductor muscle which is responsible for this is the part that we most commonly eat although European epicureans eat the entire animal. Another unique character of the scallop is its possession of eyes of deep blue color, located on short stalks among the tentacles of the mantle. They are capable of detecting motion of objects. Although the bay scallop is found primarily in shallow water, they are found at various depths and the deeper waters afford protection against freezing winters and their biggest enemies, the herring gulls. Scallops cannot be exposed out of water for very long periods of time (such as extremely low tides) for although the adductor muscle is a strong one, it does not have the capacity to remain tense and keep the shells closed.

The scallop can be eaten raw, although most commonly it is cooked. Scallop meat is very high in protein, some carbohydrate, and a very small amount of fat. It is very high in phosphorus, and also provides the body with quantities of calcium, iron, niacin, riboflavin and thiamine.

BAKED SCALLOPS

Drain scallops. Salt and pepper and dredge thickly with flour. Melt a generous amount of butter or margarine in a flat casserole. Place scallops separately in a single layer and bake about 15 minutes in a very hot oven. Broil for few seconds to brown if necessary.

Harkless Wooten

SCALLOP CANAPES

| | |
|---------------------------------|---------------------------------|
| ½ pound cooked scallops | 2 cloves garlic, finely chopped |
| 2 tablespoons butter, melted | ½ cup grated cheese |
| ½ teaspoon Worcestershire Sauce | dash pepper |
| dash salt | 2 cups pastry mix |

Chop scallops. Cook garlic in butter 2 to 3 minutes. Add cheese, seasonings, and scallops. Blend well. Prepare pastry mix as directed. Roll out very thin and cut into 90 circles, 2 inches in diameter. Place about 1 teaspoon of scallop filling in the center of half the circles. Cover with remaining circles, pressing edges together with a fork. Vent tops. Place on a baking pan and bake in a very hot oven (450 degrees) for 10 to 15 minutes until brown.

Violet Byrum
Sound View Club

STEWED SCALLOPS

| | |
|----------------------------------|---|
| 2 cups scallops | 1/4 cup water |
| ½ teaspoon salt | dash of pepper |
| 1 tablespoon bacon fat or butter | 2 tablespoons water mixed well with 1 tablespoon flour (for thickening) |

Stew scallops in water and seasoning until they come to a good boil. Add thickening. Continue cooking for a few minutes. Remove from stove and serve.

Fannie Nichols
Sound View Club

SCALLOPED SCALLOPS

2 cups fresh bread crumbs
1 quart scallops
½ cup butter or margarine,
melted
½ teaspoon pepper
corn flakes

1 pint cream (½ cup dry white
wine may be substituted
for cream)
1 teaspoon salt
¼ teaspoon nutmeg

Boil scallops in very little water (barely enough to cover) for 3 minutes. Drain, save liquid (when liquid cools, add to cream with nutmeg). Stir bread crumbs into melted butter. In casserole, place alternate layers of scallops and buttered bread crumbs; salt and pepper each layer. Sprinkle top with corn flakes. Pour over them the cream and water mixture. Cover and bake at 350 degrees for 30 minutes. Remove cover and bake 10 minutes longer at 400 degrees.

Mrs. W. W. Blodgett
Sound View Club

SCALLOP FRITTERS

1 pint scallops
½ teaspoon salt
1 teaspoon baking powder
3 or 4 tablespoons water
(enough to make a medium batter)

3 4 cup flour
½ teaspoon pepper
1 egg

Chop scallops. Beat in egg. Add flour, salt, pepper, baking powder, and water if necessary to thin batter. Fry in hot skillet. Makes about 10 or 12 fritters.

Fannie Nichols
Sound View Club

FRIED SCALLOPS

1 pound scallops, fresh or
frozen
flour

salt to taste
pepper to taste
deep fat

Thaw frozen scallops. Drain well. Season to taste. Sprinkle with flour and drop in deep fat. Fry only until scallop turns a golden brown. Do not overcook. Drain well and serve.

Mrs. Osborne G. Pigott
Gloucester Club

BROILED SCALLOPS

1½ pounds scallops, fresh or
frozen

1/3 cup butter or margarine,
melted

½ teaspoon salt

2 tablespoons chopped parsley

¾ cup butter or margarine,
melted

3 tablespoons lemon juice

dash white pepper

dash paprika

Thaw frozen scallops. Remove any shell particles and wash. Cut large scallops in half. Place on a greased broiler pan. Combine butter, salt, pepper, and paprika. Brush scallops with seasoned butter. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully. Brush other side with seasoned butter and broil 3 to 4 minutes longer. Sprinkle with parsley. Combine butter and lemon juice; serve with scallops. Serves 6.

DEVEILED SCALLOPS

1 pound scallops

2 tablespoons butter, melted

½ teaspoon dry mustard

½ teaspoon celery salt

1 tablespoon lemon juice

2 tablespoons butter, melted

1 clove garlic, chopped

2 tablespoons flour

2 teaspoons horseradish

2 tablespoons chopped parsley

dash of pepper

½ cup soft bread crumbs

Chop scallops. Cook garlic in butter until tender, blend in flour and seasonings. Add scallops and cook 4 to 5 minutes, stirring constantly. Place in six well-greased, individual shells or six-ounce custard cups. Combine butter and crumbs, sprinkle over top of each shell. Bake in moderate oven, 350 degrees, 15 to 20 minutes or until brown. Serves 6.

Mrs. C. J. Hellen
Atlantic Club

SCALLOP OR CLAM FRITTERS

1½ cups diced scallops or clams

2 eggs, mixed with ½ cup
milk

Add scallops (or clams) to egg and milk mixture. Stir in flour until the mixture reaches the consistency of pancake batter. Drop by spoonfuls into hot shallow fat and cook until lightly browned.

Mrs. Earnest Wharton

SCALLOP VEGETABLE SALAD

- | | |
|---|-------------------------------|
| 1½ pounds scallops, fresh or frozen | 1/4 cup chopped onion |
| 1 quart boiling water | 1/4 cup chopped green pepper |
| 2 tablespoons salt | 1 tablespoon chopped pimiento |
| 1 can (1 pound) cut green beans, drained | Marinade |
| | 6 lettuce cups |
| | 1 cup sliced celery |

Thaw frozen scallops; rinse with cold water to remove any shell particles. Place in boiling salted water. Cover and return to the boiling point. Reduce heat and simmer for 3 to 4 minutes, depending on size. Drain and cool. Slice scallops. Combine all ingredients except lettuce. Cover and let stand in refrigerator for at least one hour. Drain. Serve in lettuce cups. Serves 6.

MARINADE

- | | |
|---------------------|--------------------------------|
| ½ cup cider vinegar | dash pepper |
| 1 tablespoon sugar | 1/4 cup olive oil or salad oil |
| 1/4 teaspoon salt | |

Combine vinegar, sugar, salt, and pepper. Add oil gradually, blending thoroughly.

Jo McCabe

SCALLOP RAREBIT

- | | |
|--------------------------------------|--|
| 1 pound scallops, fresh or frozen | 2 tablespoons butter or margarine, melted |
| 2 tablespoons flour | 1 teaspoon salt |
| dash pepper | 2/3 cup water |
| 1/3 cup catsup | 1 tablespoon prepared mustard |
| 2 cups grated cheese | 2 eggs, beaten |
| 1 tablespoon chopped parsley | toast points |

Thaw scallops. Remove any shell particles and wash. Cut scallops into ½-inch pieces. Cook scallops in butter for 3 to 4 minutes, stirring occasionally. Blend in flour, salt, and pepper. Add water gradually and cook until thick, stirring constantly. Add catsup, mustard, and cheese; heat. Stir a little of the hot sauce into egg; add to remaining sauce, stirring constantly. Add parsley. Serve on toast points. Serves 6.

BAKED SCALLOPS

Place 1½ pounds scallops in shallow baking pan. Slice ½ stick butter over scallops. Sprinkle with ½ cup dry bread crumbs, salt and pepper to taste. Top with paprika, cover and bake for 10 minutes in 375 degree oven --uncover and continue baking for a few minutes longer, or until brown.

Mrs. R. E. Walton

BAKED SCALLOPS (Variation for Dieters and Non-Dieters)

Drain and dry scallops (completely thawed if frozen ones are used). Dip in cream seasoned with white wine and roll in cracker or cornflake crumbs. (For dieters, moisten in Worcestershire sauce instead of cream.) Arrange on cookie sheet (well greased with butter) or on Teflon pan. Let them set for 15 minutes or more so that crumbs will adhere to scallops. Bake in 375 degree oven for about 10 minutes and serve at once to prevent toughness. Do not overcook. Note: If I am cooking both on the same sheet, I use cracker crumbs on the ones dipped in cream. They will be white when they come from the oven. The dieters will get the extra vitamins from the cornflake crumbs. If I prepare them hours in advance, I wrap the cookie sheet and put in refrigerator until about 15 minutes before baking.

Mrs. Earl Dunn
Wildwood H. D. Club

Notes





Crabs

CRABS

The edible crab, or blue crab, *Callinectes sapidus*, is a ten-legged crustacean found in most estuarine waters from New York to Texas. It is a scavenger and will eat most anything. Although crabs may be collected all year round, the best season is spring and summer since crabs retreat to deeper, warmer waters in the winter. Crabs attain their full growth around 12 to 14 months of age. The immature as well as the adult stages are utilized for food. In the process of growth, the young crabs, as they expand in size, shed their hard shells and form new larger ones. This "shedding" or molting occurs around the time of the new moon. Before the new shell is hard, these "soft-shelled" crabs may be used whole as quite a delicious food. In the hard shelled crabs, only the white meat and muscle are eaten. Crabs are caught by crab pots and trot-lines.

Crab meat can be used in a variety of dishes. It is high in protein value and very low in carbohydrate and fats. It supplies niacin, riboflavin and thiamine to the body. Calcium, iron and phosphorus are also contained in crab meat in significant amounts.

CLEANING AND PICKING THE MEAT FROM THE BLUE CRAB

Use only live crabs!

Break off large claws. With the left hand, grasp the body of the live crab and pull off the top shell with the right hand. Cut or break off the legs. Scrape off the gills (dead man's fingers) on the sides, and remove the digestive and other organs located in the center part of the body. At this point the crabs are ready for stewing.

If crabmeat is called for then drop live crabs in boiling water. Cook or steam gently for a few minutes. Remove crabs from water, cool and pick meat from skeleton.

To do this, grasp the body of the crab with the large claws to the right. Break off the large claws. Pull off the top shell with the right hand. Cut or break off the legs. Scrape off the gills (dead man's fingers) and remove digestive and other organs located in the center part of the body. Slice off the top of the right side of the inner skeleton, beginning near the front.

Remove any meat on this slice, then, starting with the right back fin pocket, remove the meat from the lower part with a U-shaped motion of the knife. Remove the meat from the other pockets by inserting the knife underneath and prying upward. Cut off the top from the left side of the inner skeleton and remove the meat in the same manner as for the right side.

To remove the meat from the claws, crack the different segments of each claw with a sharp blow of a knife and break the shell. Remove the meat by clasping it with the thumb and fingers of the left hand while pulling out the tendon with the fingers of the right hand. If the meat does not come out readily, pry it out of the shell with a knife.

LITTLE CRABMEAT CASSEROLES

4 tablespoons butter
2 cups milk
1 pound fresh crabmeat
2 teaspoons prepared mustard
pepper
additional half lemon
bread crumbs
grated Parmesan cheese

4 tablespoons flour
4 unbeaten egg yolks
2 teaspoons lemon juice
salt
dash of Worcestershire sauce
browned-in-butter mushrooms
(tinned or fresh)

Make a white sauce out of the butter, flour and milk, and when it is thick, add the seasoning. Gradually stir in the egg yolks, unbeaten, the crabmeat, and the mushrooms. Then pour into individual casseroles. (If you haven't these, pour into large one.) Put some buttered crumbs on top and Parmesan on top of that and bake at 375 degrees for 15 minutes. Just before serving, squeeze a bit of lemon juice over each one. (Recipe calls for 1 wine glass of white wine, or more.)

FRIED HARD CRABS

Clean hard crabs, remove claws and crack with a hammer, cut body in half. Rinse and place in colander, salt and flour. Cook quickly in a heavy skillet in hot oil. Place crabs in skillet so that the edge where the body was cut will be standing in oil. Brown. Turn crabs flat and fry on both sides. Fry claws until brown and crispy.

Mrs. John R. Williams
Crab Point Club

CRABMEAT CASSEROLE

1 pound crabmeat (2 cans)
2 tablespoons butter
1 cup milk
1 teaspoon horseradish
½ teaspoon salt
dash red pepper
paprika

3 hard boiled eggs
2 tablespoons flour
1 tablespoon lemon juice
1 teaspoon dry mustard
½ teaspoon Worcestershire sauce
bread crumbs

Pick crabmeat free of shell. Chop eggs. Make white sauce: melt butter in a pan; add flour, mix until smooth. Add milk and stir over low heat until sauce thickens. Add lemon juice, horseradish, mustard, salt, Worcestershire Sauce, and pepper. Add crabmeat and egg mixture. Mix well. Pour into casserole dish. Brown bread crumbs with butter in a frying pan. Pour over casserole and sprinkle with paprika. Bake at 375 degrees for 30 to 40 minutes until well browned.

CRABMEAT CASSEROLE

1 pound crabmeat
3 tablespoons flour
½ teaspoon paprika
dash of cayenne
3 egg yolks, beaten

1/3 cup butter or margarine
½ teaspoon salt
dash of Tabasco
1½ cups evaporated milk

Melt butter in saucepan; blend in flour and seasonings, except Tabasco. Add evaporated milk gradually and cook until thick and smooth, stirring constantly. Stir a little hot sauce into beaten egg yolks. Add to sauce, stirring constantly. Add crabmeat and Tabasco. Put in baking dish. Bake in a moderate oven, 350 degrees, for 15 to 20 minutes or until light brown.

Erma Jarvis Hansen
Gloucester Club

DEVEILED CRAB CASSEROLE

1/4 cup butter
1 cup hot light cream
2 teaspoons lemon juice
2 cups crab meat, in bite-size
chunks (12 ounces frozen
crabmeat, thawed)
½ cup buttered soft bread crumbs

2 tablespoons flour
1 teaspoon prepared mustard
1/8 teaspoon mace
2 hard boiled eggs, finely
chopped
salt and pepper

Melt butter, stir in flour and add hot cream. Cook, stirring constantly, until sauce is smooth and thickened. Add all other ingredients except bread crumbs, folding them in gently, just to mix. Put mixture in buttered 1 or 1½ quart shallow casserole. Top with bread crumbs. Bake in moderate oven (350 degrees) for 20 minutes, or until bubbly. Makes 4 to 6 servings.

Mrs. Joe Du Bois
Crab Point Club



CORE CREEK CRAB POT

12 large dressed hard shell
crabs (crack claws)
3 cups canned tomatoes
½ cup chopped onion
1 tablespoon black pepper

1 quart water (approximately)
1 tablespoon salt
6 medium white potatoes
3 tablespoons hot sauce

Place crabs and claws in large kettle with water and salt. Cook over medium heat for 1 hour. Add more hot water if needed, enough to keep crabs barely covered. Add black pepper, tomatoes, hot sauce and chopped onion. Stir to mix ingredients. Then add potatoes and cook until potatoes are tender. Place cornmeal dumplings on top and cook 10 to 15 minutes longer.

CORN MEAL DUMPLINGS

1 cup corn meal
1 teaspoon salt

¼ cup all purpose flour
enough water to make dough

Shape and press into small thin patties. Place on top of stew.

Mrs. E. M. Foreman
Core Creek Club

DEVILED CRAB CASSEROLE

1 pound crabmeat
¾ cup chopped celery
¼ cup chopped parsley
1 teaspoon dry mustard
dash cayenne
¼ cup mayonnaise

1½ cups cracker crumbs
¾ cup chopped onion
1 tablespoon chopped green pepper
½ teaspoon salt
⅔ cup butter or margarine

Pick over crabmeat and remove any cartilage. Roll or crush crackers and measure correct amount. Chop all vegetables fine and measure. Start oven at 350 degrees (moderate). Butter a 1½ quart casserole. Mix crabmeat, crumbs, chopped vegetables, seasonings, melted butter or margarine, and mayonnaise. Spoon into casserole. Top with buttered cereal or dry bread crumbs, if desired. Bake 30 to 40 minutes. Serves 6 to 8.

Mrs. W. W. Blodgett
Sound View Club

DEVILED CRAB

| | |
|---|--|
| 1 pound crabmeat | 2 tablespoons chopped onion |
| 3 tablespoons butter or other fat, melted | 2 tablespoons flour |
| ½ teaspoon salt | ¾ cup milk |
| ½ teaspoon powdered mustard | dash of pepper |
| ½ teaspoon sage | 1 teaspoon Worcestershire sauce |
| 1 tablespoon lemon juice | dash of cayenne pepper |
| 1 tablespoon chopped parsley | 1 egg, beaten |
| ¼ cup dry bread crumbs | 1 tablespoon butter or other fat, melted |

Remove any shell or cartilage from crabmeat. Cook onion in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add seasonings and lemon juice. Stir a little of the hot sauce into egg. Add remaining sauce, stirring constantly. Add parsley and crabmeat. Place in 6 well greased individual shells or 5-inch custard cups. Combine butter and crumbs. Sprinkle over top of each cup. Bake in moderate oven (350 degrees) for 15 to 20 minutes or until brown. Serves 6.

Fannie Nichols
Sound View Club



DEVILED CRAB

| | |
|------------------------------------|-----------------------------|
| 1 pound crabmeat | ½ stick butter or margarine |
| ½ cup milk | 1 cup cracker crumbs |
| 3 tablespoons Worcestershire sauce | dashes of salt and pepper |
| | 1 tablespoon flour |

Mix crabmeat and cracker crumbs. Melt butter. Combine all ingredients, mixing well. Put in casserole and sprinkle with paprika. Bake slowly for about 20 minutes at 350 degrees.

Mrs. Joseph Morton
Harlowe Club

CRAB SUPREME SOUFFLE

| | |
|-----------------------------|---|
| 8 slices white bread | 1 chopped onion |
| 2 cups canned or fresh crab | 4 eggs |
| 1 cup chopped celery | 3 cups milk |
| ½ cup mayonnaise | ½ to ¾ cup mushroom soup |
| 1 chopped green pepper | 2 or 3 cups shredded sharp cheddar cheese |

Grease 8" x 13" baking pan. Dice 4 slices bread and put in bottom of baking pan. Mix crab, celery, mayonnaise, onion, and pepper and spread over diced bread. Dice remaining slices of bread and place over mixture. Beat eggs and milk, mix and pour evenly over. Place in refrigerator overnight. Bake at 350 degrees for 15 minutes. Remove from oven and spoon soup over top. Cover with shredded cheese. Return to oven and bake one hour. Serves 12. Use 8" x 13" baking pan. To serve 6, use ¾ of recipe in 6" x 10" pan.

DEVILED CRABMEAT AND GREEN PEPPERS (A low calorie dish)

| | |
|----------------------------------|---------------------------------------|
| 3 medium green peppers | dash of prepared mustard |
| ½ tablespoon butter or margarine | 1 egg yolk, beaten |
| 1 tablespoon onion, minced | ½ cup skim milk |
| 2 slices soft bread, cubed | 1 cup flaked crabmeat, canned |
| ¼ teaspoon salt | 2 tablespoons Parmesan cheese, grated |
| dash of cayenne | |

Wash green peppers; cut a thin slice from the top of each pepper and remove seeds. Simmer peppers in boiling salted water for seven to ten minutes or until almost tender; drain. Melt butter in a saucepan; add minced onion; cook 2 minutes; add cubed bread and seasonings. In a small bowl beat egg yolk; add skim milk slowly, blending well. Add flaked crabmeat and egg yolk mixture to saucepan mixture. Blend well. Make sure sauce is thoroughly hot. Then use sauce to stuff green peppers. Top each pepper with grated cheese. Place on heat-proof dish and set in broiler pan. Broil in pre-heated oven until cheese is melted and lightly browned. The deviled crabmeat may be baked on scallop shells. In this case, cook two tablespoons of minced green pepper in the butter with the onion.

Mrs. G. E. Thompson
Crab Point Club

BAKED CRAB SUPREME

| | |
|-----------------------------------|----------------------------------|
| ½ cup Miracle Whip Salad Dressing | 3 tablespoons flour |
| 3 tablespoons minced green pepper | 2 teaspoons Worcestershire sauce |
| 2 teaspoons minced onion | 2 cups milk |
| 2 tablespoons minced pimiento | 2 egg yolks |
| 1½ teaspoons dry mustard | 2 egg whites |
| 1½ teaspoons salt | 1 pound crab meat |
| | dash of cayenne pepper |

Place salad dressing, green pepper, onion, pimiento, mustard, cayenne, and salt in small saucepan. Cover and cook slowly for five minutes. Remove from range, stir in flour and then gradually add milk. Return to stove and cook until thick. Stir in beaten egg yolks, Worcestershire Sauce and crab meat. Fold in stiffly beaten egg whites, then pour in a greased casserole. Set dish in a pan of water. Bake in a 375 degree oven for forty-five minutes. Yield: 8 servings.

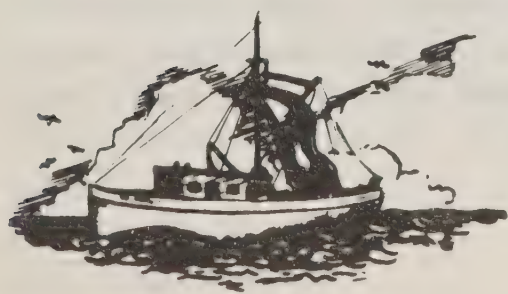
Mrs. Emmitt Piper
Gloucester Club

CRABMEAT RAMEKINS (For Calorie Counters)

| | |
|------------------------------------|---|
| 1 cup flaked crabmeat, canned | 1 10½-ounce can cream of celery soup, condensed |
| 2/3 cup mushrooms, canned, drained | 1 slice bread, soft, cubed |
| 1/3 cup skim milk | 2 teaspoons lemon juice |
| 1/4 cup American cheese, grated | |

Add skim milk to condensed cream of celery soup; heat slowly. Add drained mushrooms, crabmeat, lemon juice, and cubed bread. Turn into lightly greased ramekins. Top each with 1 tablespoon of the grated cheese. Bake at 350 degrees until well heated. 4 servings.

Mrs. G. E. Thompson
Crab Point Club



CRAB IMPERIAL

| | |
|--|--|
| 1 pound fresh or frozen lump-crabmeat or 3-6½ ounce cans | 2 tablespoons Sherry |
| ¼ cup butter or margarine | dash of Tabasco |
| 2 tablespoons finely chopped onion | 1 egg |
| 1 tablespoon finely chopped green pepper | 1 tablespoon chopped parsley |
| 2 tablespoons flour | 1 pimiento, chopped |
| ½ teaspoon salt | 1/8 teaspoon grated orange rind |
| ½ teaspoon celery salt | 1 cup soft bread crumbs |
| dash of white pepper (optional) | 2 tablespoons melted butter or margarine |
| | paprika |
| | 1 cup milk or half-and-half cream |

Pick crabmeat free from shell and cartilage. Melt butter in saucepan. Add onion and green pepper and cook over moderate heat until tender. Blend in flour, salt, celery salt and pepper. Gradually add milk and cook over low heat until thickened, stirring constantly. Remove from heat and stir in sherry, and Tabasco. Beat egg slightly in a large bowl, gradually add cream sauce to beaten egg. Fold in crabmeat, parsley, pimiento, and orange rind. Spoon mixture into 6 buttered crab shells or 5-ounce custard cups. Toss bread crumbs and melted butter together and sprinkle over crabmeat. Sprinkle with paprika. Bake 20 to 25 minutes at 350 degrees until crumbs are lightly browned. Serves 6.

CRABMEAT SALAD

| | |
|--|-------------------------------------|
| 1 6½-ounce can crabmeat or 1-1/3 cups fresh crabmeat | ½ cup celery, finely minced |
| 4 small radishes, sliced | 2 tablespoons green pepper, chopped |
| salt to taste | 1 tablespoon lemon juice |
| 1/4 cup cooked salad dressing | dash of pepper |
| | chicory |

Drain and flake crabmeat. Combine with prepared vegetables. Add lemon juice. Season to taste with salt and pepper. Chill. Just before serving, mix in the cooked salad dressing. Serve on the chicory. Variations: Diced cucumber may be used in place of green pepper. Add 1 hard boiled egg, diced, for additional flavor. Crabmeat salad is delicious when served in tomatoes which have been almost quartered and bedded in lettuce. Serves 3.

Mrs. G. E. Thompson
Crab Point Club

CRAB IMPERIAL

1 pound crabmeat
3/4 cup mayonnaise
1 tablespoon light prepared
mustard
dash of cayenne

2 hard boiled eggs, finely
minced
1/2 teaspoon Worcestershire sauce
salt and white pepper to taste
1 tablespoon lemon juice

Thoroughly mix together all ingredients. Put into crab shells or casseroles. Cover with buttered crumbs and brown in oven.

Mrs. C. J. Hellen
Atlantic Club

CRABMEAT A LA NOME

2 2/3 cups canned or fresh
crabmeat
1/2 teaspoon salt
6 slices bread
1/2 cup soft bread crumbs
parsley

1 egg yolk, beaten
1/2 cup heavy cream
1/8 teaspoon pepper
3 tablespoons melted butter
1 tablespoon melted butter

Flake crabmeat, combine with next four ingredients. Brush bread slices on one side with 3 tablespoons melted butter, then saute on buttered side in skillet until golden brown. Or, place in a greased baking pan, unbuttered side up. Heap crabmeat mixture on top of bread. Sprinkle with bread crumbs combined with 1 tablespoon melted butter, and bake in moderately hot oven of 400 degrees for 10 minutes. Garnish with parsley. Makes 6 servings.

Mary Morris
Atlantic Club

FRIED SOFT SHELL CRABS

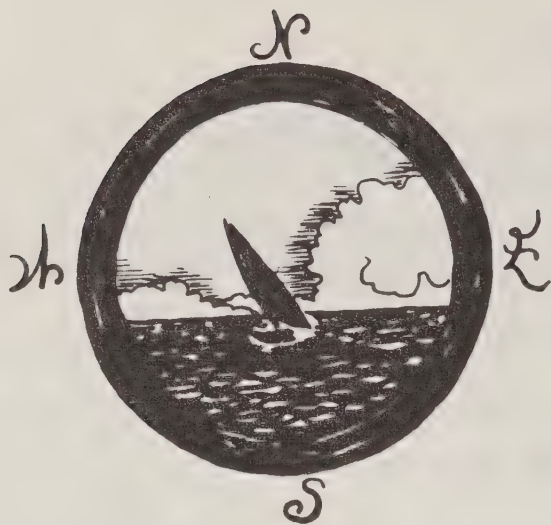
1 1/2 cups milk
1/2 teaspoon pepper

2 teaspoons salt
1/2 cup flour

Wash crab in cold water. Remove feathery substances, sand bag, and apron. Dry well. Soak crab in seasoned milk for 15 minutes; roll in flour. Heat shortening and fry until crisp and brown. Drain on absorbent paper. Serve with tartar sauce. (Deep fat temperature: 370 degrees for 6 or 7 minutes.)

Mrs. G. E. Thompson

Crab Point Club



CRAB SALAD

4 cups cooked diced white potatoes
4 hard boiled eggs, diced
1/4 green pepper
1 tablespoon minced onion

2 cups crabmeat, cut in small pieces
3/4 cup diced sweet pickles
1/2 cup celery
3/4 cup mayonnaise mixed with
1/4 cup sweet pickle vinegar and
1/8 teaspoon black pepper and
3/4 teaspoon salt

Combine ingredients in a large bowl to allow for good mixing. Arrange lettuce leaves around the sides of a serving tray and pour salad in the middle. Serve chilled.

Betty W. Motes
Harlowe Club

CRAB CAKES

3 cups crab meat
2 tablespoons mayonnaise
black pepper to taste
salt
1 egg

2 eggs
1 tablespoon flour
cayenne pepper to taste
1/2 cup fine bread crumbs

Don't break crabmeat too fine; sift in the flour. Beat eggs, mayonnaise, seasonings into the crabmeat. Mold the mixture very gently into cakes. Beat the extra egg. Dip the cakes into this; then coat lightly with bread crumbs. Fry until the color of toast. Sprinkle gently with frizzled parsley.

Helen Stovall
Sound View Club



CRAB PASTRIES AND CHEESE PUFF TOPPING

6½ ounces canned crabmeat
2 tablespoons finely chopped
onion
1 small clove garlic, minced,
or garlic powder
3 tablespoons butter
4 tablespoons flour

1 cup cream or ¾ cup cream and
¼ cup Sherry
(Reserve 1 tablespoon cream for
cheese top)
4 tablespoons chili sauce
½ teaspoon Tabasco
1 teaspoon Monosodium glutamate
(Do not omit.)

Pick crabmeat over for any hard particles. Lightly brown onion and garlic in butter and blend in flour. Add cream and seasoning ingredients, stir; add crabmeat. Cook, stirring constantly, until thick and bubbling.

CHEESE PUFF TOPPING

2 ounces mild cheddar cheese,
grated
3 ounces cream cheese
3 tablespoons butter
½ teaspoon Worcestershire sauce
1 tablespoon cream

½ teaspoon paprika
½ teaspoon dry mustard
½ teaspoon baking powder
1 egg, separated
Pimiento

Cream the cheeses and butter. Add next five ingredients. Mix well. Add egg yolk. When thoroughly blended, fold in stiffly beaten egg white. Yellow food coloring may be added for extra tint. To make pastry shells, use your favorite pastry recipe for double crust. This will make about 100 shells. Roll, cut in circles, and fit over back of toy muffin tins. Bake in 375 degree oven for approximately 9 minutes or until lightly browned. The crab and cheese mixture can be made the day before serving. Pastry shells may be baked then, or baked farther in advance and frozen. Fill the baked shells with deviled crab mixture and top generously with cheese mixture. Put a small square of pimiento on each. Just before serving, slip filled pastries under the broiler until they are puffed and slightly brown, about three minutes.

Mrs. Henry J. McGee, Jr.
Sound View Club

CRAB DELIGHT

2 tablespoons chopped green
pepper
1 cup strained tomatoes
2/3 cup scalded milk
1/2 teaspoon dry mustard
pinch of cayenne pepper
1 cup flaked crabmeat

2 tablespoons butter
2 tablespoons flour
1 cup grated cheese
1/4 teaspoon salt
1/2 teaspoon Worcestershire sauce
1 egg, slightly beaten

Brown green peppers in butter; add flour. Mix until smooth and combine seasonings, tomatoes, cheese, and egg. Add to first mixture. Cook over hot water for 10 minutes! Stir constantly while slowly adding milk. Add crabmeat and heat thoroughly. Serve in patty shells or on toast rounds. Makes 6 servings.

Mrs. Effron S. Smith
Bogue Club

HARD CRABS

Dress about 12 large hard crabs. Remove all claws, wash, and clean with a stiff brush several times in cold water. Drain, salt, pepper, and roll in flour. Place in deep fat. Fry for a few minutes until light brown. Remove from fat and place in pot. Pour over crabs the fat from the frying pan. Add about 2 cups of water and stew until done, about 30 to 40 minutes. Potatoes and onions may be added if desired.

Mrs. G. M. Carraway
Merrimon-South River Club

STEWED HARD CRABS -- SKILLET-STYLE

Place potatoes, onions and bacon drippings into electric frying pan. Salt and pepper to taste. Place cleaned hard crabs on top of potatoes and barely cover with water. Cook until potatoes are tender. Make a paste with flour and water and lightly stir in with fork. Do not disturb crabs. Cover and turn off frying pan. The liquid will absorb the paste and make a delicious gravy. Corn meal dumplings may also be added.

Mrs. G. E. Thompson
Crab Point Club

CORN-CRABMEAT CHOWDER

A tangy and flavorful chowder made with:

| | |
|---|---------------------------|
| 2 cups raw, cubed potatoes | ½ cup chopped onion |
| 2 cups hot water | 1¼ teaspoons salt |
| 2½ cups whole milk | 1 6-ounce can crabmeat |
| 2 cans cream style corn (2 cup size) | ½ teaspoon parsley flakes |
| 1/4 teaspoon thyme | 1/4 teaspoon salt |

Into kettle put potatoes, onions, hot water, and salt. Bring to boil for 12 to 15 minutes. Add all other ingredients. Heat slowly to piping hot and serve.

Mrs. G. E. Thompson
Crab Point Club



SURPRISE HOT SANDWICH

| | |
|--------------------------------------|-------------------|
| 9 finger rolls or small dinner rolls | thin bacon slices |
| thin cheese slices | |

Crabmeat Salad Mixture:

| | |
|---|--|
| 1½ cups fresh crabmeat or 1 small can crabmeat | 1 small diced green pepper, or 2 canned pimientos, cut in small pieces |
| 1 small diced onion, or onion salt to taste | 2 tablespoons diced celery |
| 1 tablespoon minced parsley salt and pepper to taste | mayonnaise to moisten |

Combine the salad ingredients. Then split and spread each half of the finger rolls with butter or margarine. Spread salad generously on the rolls. Over the salad layer, lay a thin slice of cheese and a thin slice of bacon. Place under broiler and heat thoroughly. Allow the cheese to soften and the bacon to crisp. Serve hot. Makes 18 spreads.

Alice B. Bovard
Gloucester Club



CAROLINA SHE-CRAB SOUP

2 cups white crab meat
1 pint milk
1 pint cream
1/4 cup crab roe
(may use 1 chopped egg yolk)
1/4 cup cracker crumbs

1/2 stick butter
1/8 teaspoon pepper
2 teaspoons sherry wine
1/8 teaspoon mace
1/8 grated onion
salt to taste

Put milk in double boiler with mace. Allow to simmer a few minutes. Add crab, roe (or egg yolk), butter, cream and cook 15 minutes. Thicken with 1/4 cup cracker crumbs and season with salt, pepper and onion. Allow to stand on back of stove to bring out flavor, adding sherry just before serving.

STEWED CRABS

8 tablespoons fat, melted
4 cups hot water
1 medium onion, diced
salt and pepper to taste

4 tablespoons flour
2 medium potatoes, cubed
6 to 12 crabs, dressed and salted

Put fat in pot deep enough to hold crabs. Add flour and brown. Add your water and stir until mixed. Put in the potatoes and onion. Add salt and pepper. (Black and red pepper may both be used.) Use enough pepper to insure a spicy stew. Cook until potatoes are done. Add the crabs and crab claws. Cook not longer than 10 minutes, stirring occasionally. Do not over cook. Enjoy crabs and gravy with hot rolls or biscuits. Note: Use nut crackers to crack the claws and the meat will be easily removed.

Mrs. Eva G. Barnes
Wildwood Club

HARD CRAB STEW (For Six)

| | |
|-----------------------------|---------------------------------|
| 2 dozen hard crabs, cleaned | 10 medium white potatoes, cubed |
| 3 small onions, chopped | 1/4 cup bacon drippings |
| salt and pepper to taste | |

Mix ingredients together in pot, cover with water and boil until done. Cornmeal dumplings may be added about fifteen minutes before the potatoes are done. (Do not remove pot lid while dumplings are cooking.) If dumplings are not desired, thicken stew with a little cornmeal just before stew is done.

CRAB POTATO CAKES

| | |
|------------------|-----------------------|
| 1 pound crabmeat | 1 cup mashed potatoes |
| 1 egg, beaten | 1/2 teaspoon salt |
| dash pepper | dash onion salt |

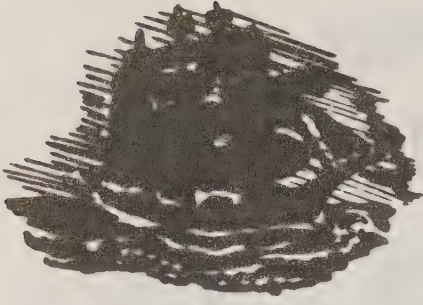
Remove any shell or cartilage from crabmeat. Combine all ingredients. Shape into 12 cakes. Place cakes in a heavy frying pan which contains about 1/8 inch of fat, hot but not smoking. Fry at moderate heat. When cakes are brown on one side, turn carefully and brown on the other side. Cooking time is approximately 5 to 8 minutes. Drain on absorbent paper. Serves 6.

TOMATOES STUFFED WITH CRAB MEAT

| | |
|---|--------------------------|
| 1 pound crab meat | 6 large tomatoes |
| 1 teaspoon salt | dash pepper |
| 3 tablespoons butter or other fat, melted | 1/4 cup chopped parsley |
| 1/4 cup grated cheese | 1 tablespoon lemon juice |
| | 1/4 cup dry bread crumbs |

Remove any shell or cartilage from crab meat. Wash tomatoes. Remove stem ends and centers; sprinkle tomatoes with salt and pepper. Combine butter, parsley, lemon juice, and crab meat. Place in tomatoes. Combine cheese and crumbs; sprinkle over top of tomatoes. Place in a well-greased baking dish. Bake in a moderate oven, 350 degrees, for 20 to 25 minutes or until tomatoes are tender. Serves 6.

Notes



Clams



CLAMS

Although there are several species of hard clams, bivalve mollusks, in the North Carolina waters, there is only one of commercial importance, *Mercenaria mercenaria*. This is the one most commonly eaten locally and is known by many common names: little-neck, quahaug or quohog, hard-shell clam, round clam and cherry stone. Clams are available year round, in all sizes and are collected by hand or by dredging. They are capable of some movement in the mud and sand and found most frequently on the flats in relatively shoal waters, a few feet below the low tide zone. Currently, experimental attempts are being made to raise clams under protected conditions. If this can be done, the survival rate of young clams can be greatly increased, and the commercial value will be higher.

Clams are rich in protein and low in fat and carbohydrate. They also provide the body with quantities of calcium, iron, phosphorus, Vitamin A, niacin and riboflavin.

Cleaning and Shucking Clams

Wash off all surface sand with water. Scrub clams with stiff brush. Cover clams with clean sea water or 2-percent brine (1/3 cup salt to 1 gallon of tap water) and let stand for 15 or 20 minutes to allow the clams to cleanse themselves of sand -- salt water is necessary if the clams are to open and discharge sand. Cornmeal added to the water aids in this process. Change the water and let stand a little while two or three times. Rinse several times in cold water.

To open a hard clam, hold it in the palm of one hand with the shell's hinge against the palm. Insert a slender, strong, sharpe knife between the halves of the shell and cut around the clam, twisting the knife slightly to pry open the shell. Cut both muscles free from the two halves of the shell. If to be served on the half-shell, remove only one-half of the shell. If to be used in some other recipe, remove and rinse the meat.

CLAM DIP

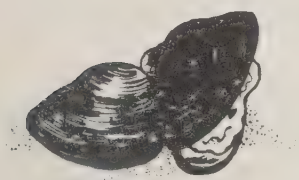
Tastiest ever, and oh, so easy! Just blend 6 ounces of cream cheese, $\frac{1}{2}$ teaspoon onion powder, 2 tablespoons A-1 Sauce with $\frac{1}{2}$ cup drained minced clams. Spread on crackers and top each cracker with a tiny canned shrimp.

Mrs. G. E. Thompson
Crab Point Club

BEACH PARTY CLAM DIP

Mix together one $7\frac{1}{2}$ -ounce can minced clams, two 3-ounce packages cream cheese, 1 tablespoon lemon juice, 1 teaspoon Worcestershire sauce $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon ground black pepper, and only enough milk to make good dip consistency. Note: $\frac{1}{2}$ teaspoon monosodium glutamate may be added to bring out the natural food flavor. This makes a delicious dip served with potato chips.

Mrs. G. M. Carraway
Merrimon-South River Club



CLAM DIP

25 small clams (or one $7\frac{1}{2}$ -ounce
can minced clams)

1 medium onion

Salt to taste

1 large package cream cheese

Dash Worcestershire Sauce

Dash Black Pepper

Scrub clams thoroughly, place in container with a very small amount of water, and steam for approximately 30 minutes. Save clam liquid. Grind clams and onion in food chopper, and mix with cream cheese (at room temperature). Use liquid to thin to proper dip consistency. Add salt and pepper.

Mrs. Louise Bittner
Sound View Club



CLAM DIP

- | | |
|---------------------------------|----------------------------|
| 2 8-oz. packages cream cheese | Few drops Tabasco |
| ¼ teaspoon garlic salt | ½ cup clam juice |
| 1 teaspoon Worcestershire Sauce | 1 7-ounce can minced clams |
| 1 tablespoon lemon juice | |

Blend ingredients, adding drained clams last. Thin to desired consistency with clam juice. Serve with potato chips.

Mrs. Naomi Schlick
Gloucester Club

HOBO CLAM DIP

- | | |
|---------------------------------------|---------------------------|
| 1 8-oz. package cream cheese | 1/4 teaspoon celery seed |
| 1 cup sour cream | 2 radishes, chopped fine |
| 2 teaspoons Worcestershire Sauce | 1 7½-oz. can minced clams |
| 3 dashes hot pepper sauce | "Seasoning" salt to taste |
| 1 small green minced onion, with tops | |

Whip cheese and cream until fluffy. Blend in drained clams and other ingredients. Season to taste. Chill thoroughly before serving.

Mrs. R. E. Walton
Sound View Club



CLAM CHEESE DIP

Combine 7-ounce can minced clams (drain off and save liquid) with 8-ounce package cream cheese, 1/4 cup clam liquid, 2 teaspoons lemon juice, 1 tablespoon A-1 Sauce, ½ teaspoon garlic salt, 1/4 teaspoon horseradish. Blend well. Makes about 2½ cups of delicious dip.

Mrs. G. E. Thompson
Crab Point Club

CLAM CHOWDER

| | |
|------------------------------|--------------------------|
| 25 pounds clams in shell | 1/3 stick butter |
| 2 to 3 pounds white potatoes | 1 gallon water |
| 2 slices fat pork | salt and pepper to taste |

Open clams, wash thoroughly and grind. Put in large saucepan with 1 gallon water and cook slowly for 30 minutes. Add potatoes which have been cooked and mashed. Fry fat slowly and add drippings to clam mixture. Add butter, salt and pepper. Simmer on low heat for 30 minutes. Serves 12.

Mrs. Cecil Morris
Atlantic Club

CLAM CHOWDER

| | |
|--------------------------------|--------------------------|
| 3 cups clams, chopped | 1 medium onion, diced |
| 6 medium white potatoes, diced | 1/3 cup rice |
| 5 cups water | salt and pepper to taste |
| 6 tablespoons melted fat | |

Combine first five ingredients. Bring to boiling point. Add rice, salt, and pepper. Cook until potatoes are done, about 30 minutes. (Clams will become tough if overcooked.) Serve while hot. Note: If desired, other vegetables (corn, carrots, tomatoes, etc.) may be added.

Mrs. Joe Barnes
Wildwood Club

CLAM CHOWDER

| | |
|--|--------------------|
| 1/4 pint clams | 1 # 2 can tomatoes |
| 1/4 pound fat pork | 1 teaspoon salt |
| 6 medium potatoes | 1 teaspoon pepper |
| 1 medium onion | 3 or 4 cups water |
| 1 or 2 tablespoons hot pepper vinegar | |

Grind and fry meat. Add fat to 3 cups water. Grind clams, onion, and potatoes together, and add to fat and water. Add more water if needed. Cook over medium heat, stirring often. Add salt, pepper and vinegar. After the potatoes are soft, add tomatoes and continue cooking a few minutes longer.

Fannie Nichols
Sound View Club

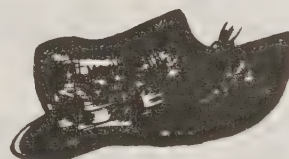
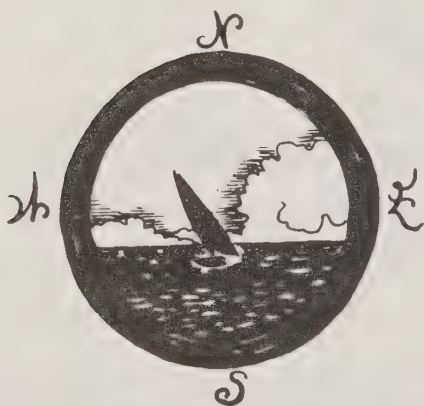
CLAM CHOWDER

1 quart chopped clams
2 qts. water
2 medium onions, chopped
dash of pepper

1/4 pound salt pork, diced
5 medium potatoes, cubed
dash of salt
corn meal dumplings

Dice salt pork, fry until crisp and golden brown. Put fried pork into pot in which chowder is to be cooked. Add chopped clams, water and seasoning. Cook slowly until clams are tender (two to three hours). Then add potatoes and onions, and cook until potatoes are done. Drop in corn meal dumplings on top of chowder. Cover tightly and simmer for 15 minutes.

Mrs. Elva Chadwick
Gloucester Club



CLAM CHOWDER (NEW ENGLAND)

20 clams in shell
1 slice fat salt pork
1 onion, sliced
4 white potatoes, diced
1 tablespoon Worcestershire Sauce

1 cup clam juice
2 cups scalded milk
1 teaspoon salt
2 tablespoons butter
4 Pilot biscuits

Wash clams and scald in their own juice. Remove clams from liquid and strain liquid through cheesecloth. Cube pork and fry. Cook onion in pork fat for five minutes, then strain fat into chowder kettle. Parboil potatoes in one cup water and add water and potatoes to fat. Add clams. When clams are almost tender, add scalded milk, salt, butter, and Worcestershire Sauce. Split Pilot Biscuits and soak in small amount of cold milk. Add to chowder. Savory, thyme and sage may be added. Serves four. (Note: Tomato juice or water may be used, replacing milk.)

Mrs. G. E. Thompson
Crab Point Club

CLAM CHOWDER (MANHATTAN)

| | |
|---------------------|-------------------------------|
| 1 quart clams | 4 tablespoons Worcestershire |
| 8 medium potatoes | sauce |
| 8 medium onions | 1 teaspoon hot pepper sauce |
| 2 cans tomato paste | 4 tablespoons bacon drippings |
| ½ bottle catsup | salt and pepper to taste |

Grind clams, potatoes, and onions in food chopper. Put in heavy pot and cover with water. Cook over low heat until potatoes are soft, stirring frequently to keep from sticking. Add bacon drippings, tomato paste, catsup, Worcestershire Sauce and hot sauce. Add enough water to make one gallon of chowder. Add salt and pepper. Simmer about 1 hour, stirring occasionally. This recipe makes a very thick chowder. More water may be added if desired. Serve piping hot with crackers.

Mrs. W. H. Williams
Beaufort Club

BAKED CLAM CHOWDER PATTIES

| | |
|-------------------------------|-------------------------|
| 2 cups left over clam chowder | ½ cup self rising flour |
| 1 egg | |

Drain excess liquid from chowder and mash potatoes thoroughly. Add flour and egg. Drop in patties on greased baking sheet. Bake for 20 minutes, or until light brown at 500 degrees. Makes about 20 patties. Patties may be topped with salad dressing or tomato ketchup.

Mrs. Noah Avery
Russells Creek H. D. Club

CLAM FRITTERS

| | |
|---|--------------|
| 1 small can minced clams, including liquid | 1 cup flour |
| salt and pepper to taste | 1 beaten egg |

Combine ingredients in medium sized mixing bowl. Blend well. Fry in hot, lightly greased skillet. Note: If batter is too thick, thin with a few teaspoons of skim milk. Variations: Oysters or scallops may be used in place of clams. Fresh diced clams may also be used.

Mrs. G. E. Thompson
Crab Point Club

CLAM FRITTERS

1 pint clams, chopped
1 egg
3/4 cup flour
1/2 teaspoon salt

1 teaspoon baking powder
dash of pepper
1 diced onion (optional)

Mix flour, salt, pepper and baking powder. Add enough water to make a batter of medium consistency. Beat egg, add chopped onion. Add with clam mixture to flour mixture. Fry in hot skillet. Makes 10 to 12 cakes.

Mrs. Fannie Nichols
Sound View Club



CLAMS AND RICE

1 cup rice
2 cups water
bacon drippings (optional)

1 small can minced clams
salt and pepper to taste

Cook rice until almost done. Stir in minced clams, including liquid. Add seasoning. (Increase the amount of water for a soupy dish.) Continue cooking until rice is done. Serve with crackers and a tossed salad. This recipe makes an enjoyable meal.

Mrs. G. E. Thompson
Crab Point H. D. Club

CLAM AND CORN CASSEROLE

1 7-oz. can clams or
fresh stewed clams
3 eggs, beaten
1 tablespoon minced onion
2 tablespoons chopped pimiento
dash of pepper

1 cup cream style corn
1/2 cup cracker crumbs
1 tablespoon melted butter
1 cup milk
1/2 teaspoon salt

Drain liquid from clams, add enough milk to make one cup liquid. Combine with beaten eggs. Add remaining ingredients and pour into greased casserole. Bake in moderate oven (375 degrees) until firm -- about 45 minutes. This dish serves 6.

DEVILED CLAMS

| | |
|--|---------------------------------|
| 2 dozen medium clams, ground, save shells | 1 stalk celery, finely cut |
| 1 teaspoon chopped parsley | 3 onions, finely cut |
| ½ teaspoon celery salt or seed | ½ teaspoon thyme |
| salt and pepper to taste | 1½ loaves bread (crust removed) |

Break bread into small pieces. Fry onions and celery until tender. Add to bread with seasonings. Mix thoroughly. Add ground clams. Mix well. Add enough clam liquor to enable firm but not too tight packing into greased clam shells. Sprinkle surface with cracker crumbs. Fry top-side down in hot deep fat until brown.

Mrs. Alice Terhune
Sound View H. D. Club

CLAM AU GRATIN

| | |
|---------------------------|------------------------------|
| 1 pint clams | 1¼ cups clam liquor and milk |
| ¼ cup butter or other fat | 1 cup cooked elbow macaroni |
| 1 cup soft bread crumbs | 1 cup grated cheddar cheese |
| 1 teaspoon salt | dash pepper |
| 3 eggs, beaten | |

Drain clams and save liquor. Chop. Scald liquor; add butter, macaroni, crumbs, cheese, seasonings, and clams; mix well. Blend in egg. Place in a well-greased 1-quart casserole. Bake in a moderate oven, 350 degrees, about 45 minutes or until firm. Serves 6.

STUFFED CLAMS

| | |
|--|--|
| 1 dozen large shell clams | ¾ cup chopped onion |
| 1 14-ounce can mushrooms, drained and chopped | ¼ cup butter or other fat, melted |
| 3 tablespoons flour | 1 teaspoon salt |
| dash pepper | 2 tablespoons butter or other fat, melted |
| ½ cup dry bread crumbs | |

Shuck clams. Chop. Wash shells thoroughly. Cook onion and mushrooms in butter until tender. Blend in flour and seasonings. Add clams and cook until thick, stirring constantly. Fill well greased clam shells. Combine butter and crumbs; sprinkle over top of each shell. Bake in a hot oven, 400 degrees, for 10 minutes or until brown. Serves 6.

CLAM AND POTATO CASSEROLE

1 quart clams
¼ cup flour
dash pepper
1½ cups clam liquor and milk
¾ cup chopped onion
paprika

¼ cup butter or other fat
1¼ teaspoons salt
¼ teaspoon curry powder
1¼ quarts sliced cooked potatoes
2 tablespoons grated Parmesan cheese

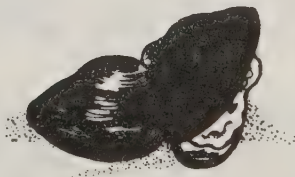
Drain clams and save liquor. Chop. Melt butter; blend in flour and seasonings. Add liquor gradually and cook until thick and smooth, stirring constantly. Add clams. Place one-half the potatoes in a well-greased 2-quart casserole, sprinkle one-half the onion over potatoes, and cover with one-half the sauce. Repeat. Sprinkle with cheese and paprika. Bake in a moderate oven, 350 degrees, for 45 to 50 minutes or until brown. Serves 6.

FRIED CLAMS

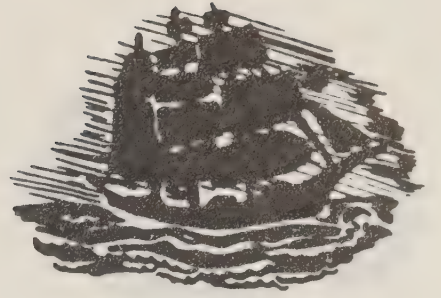
1 quart clams
1 tablespoon milk
dash pepper

1 egg, beaten
1 teaspoon salt
1 cup dry bread crumbs or cracker crumbs

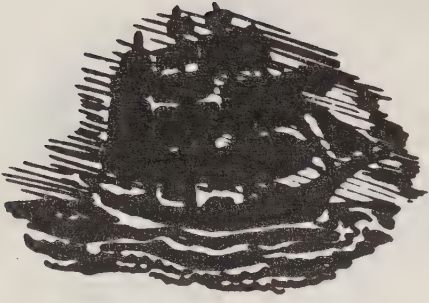
Drain clams. Combine egg, milk, and seasonings. Dip clams in egg mixture and roll in crumbs. Place clams in a heavy frying pan which contains about one-eighth inch of fat, hot but not smoking. Fry at moderate heat. When clams are brown on one side, turn carefully and brown on the other side. Cooking time approximately 5 to 8 minutes. Drain on absorbent paper and serve plain or with a sauce. Serves 6.



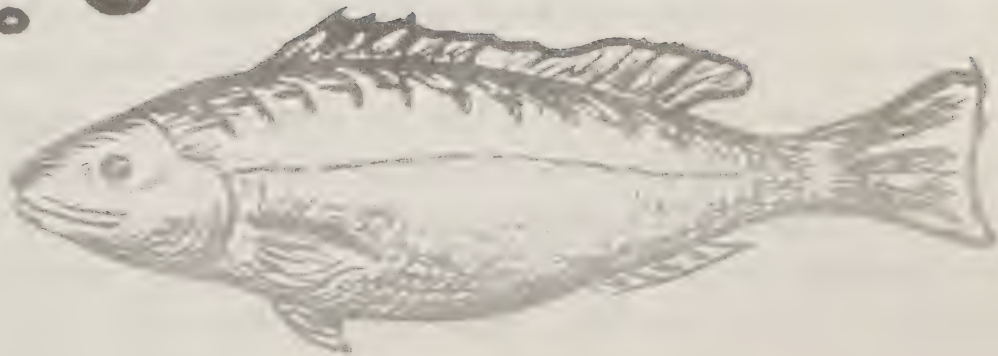
Notes



Notes



Fish



HOW TO SELECT FRESH FISH

Eyes bright, clear, full and bulging.

Gills reddish-pink, free from slime or odor.

Scales adhering tightly to the skin, bright-colored with characteristic sheen.

Flesh firm and elastic, springing back when pressed, not separating from the bones.

Odor fresh, free from objectionable odors.

Servings of fish are generally based on one-third to one-half pound of the edible part per person. When serving steaks, fillets, or sticks, use one-third pound per person or 30 pounds per hundred people, one-half pound of dressed fish per person or 45 pounds per hundred people, and when purchased in the round or whole, allow 1 pound per person or 90 pounds per hundred.

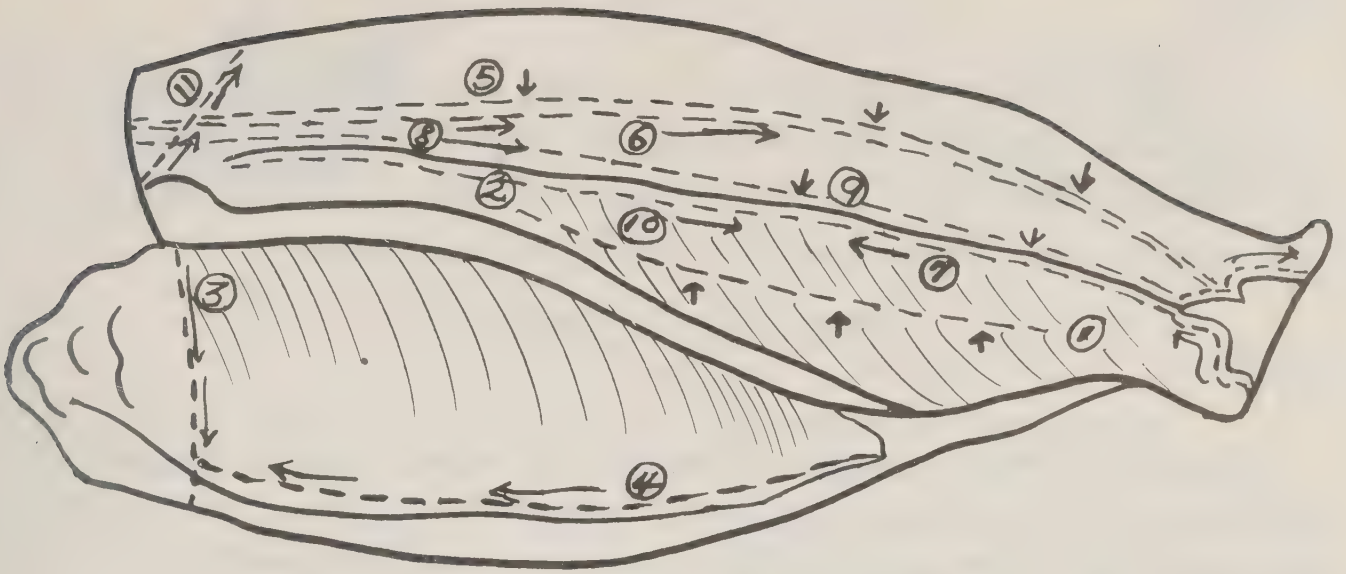
Bluefish, mackerel, flounder and trout are the four most popular fish in Carteret County. They are also the most plentiful and are available almost all the year around. Seasonal favorites of local Carteret folk are: hogfish, sea mullet, jumping mullet, spots.

HOW TO BONE SHAD

Shad is a delicacy, but most folks object to the numerous fine bones which remain in the fillets. Boneless shad is served in a limited number of restaurants, and is sold at a large markup in food outlets located in large cities.

The boning method involves starting with fillets and making a series of slanted cuts paralleling the lines of fine bones. The direction of each cut is guided by the bone endings which are visible on the surface of the fillets. At least eleven cuts are required, after which the fillet has a ragged, open appearance. This is corrected by pressing the raised portions together, ending with a narrow but attractive boneless fillet.

Weight loss in converting regular shad fillets to the boneless variety in preliminary tests was 40 percent, starting with 14 ounce fillets.



PURCHASING FISH

MARKET FORMS

Fish is marketed in various forms for different uses. Knowing these forms or "cuts" is important in buying fish. The best known market forms of fish are:

WHOLE OR ROUND

Whole or round fish are those marketed just as they come from the water. Before cooking, they must be scaled and eviscerated (which means removing the entrails). The head, tail, and fins may be removed if desired and the fish either split or cut into serving-size portions, except in fish intended for baking. Some small fish, like smelt, are frequently cooked with only the entrails removed.

DRAWN

Drawn fish are marketed with only the entrails removed. In preparation for cooking, they generally are scaled. Head, tail, and fins are removed, if desired, and the fish split or cut into serving-size portions. Small drawn fish, or larger sizes intended for baking, may be cooked in the form purchased after being scaled.

DRESSED

Dressed fish are scaled and eviscerated, usually with the head, tail, and fins removed. The smaller sizes are ready for cooking as purchased (pan-dressed). The larger sizes of dressed fish may be baked as purchased but frequently are cut into steaks or serving-size portions.

STEAKS

Steaks are cross section slices of the larger sizes of dressed fish. They are ready to cook as purchased, except for dividing the very largest into serving-size portions. A cross section of the backbone is usually the only bone in the steak.

FILLET (Single)

The sides of the fish, cut lengthwise away from the backbone, are called fillets. They are practically boneless and require no preparation for cooking. Sometimes the skin, with the scales removed, is left on the fillets; others are skinned. A fillet cut from one side of a fish is called a single fillet. This type of fillet is the one most generally seen on the market.

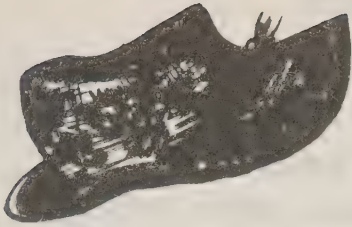
BUTTERFLY FILLET

Butterfly fillets are the two sides of the fish corresponding to two single fillets held together by uncut flesh and the skin.

STICKS

Sticks are pieces of fish cut lengthwise or crosswise from fillets or steaks into portions of uniform width and length.

TIP: The most important thing to remember in cooking fish is that it is too often overcooked. Just enough cooking to enable the flesh to be flaked easily from the bones will leave the fish moist and tender and bring out its delicate flavor.



SAVORY FISH LOAF

- | | |
|--|--------------------------------------|
| 2 cups flaked cooked fish or one 14-ounce can | 3/4 cup cooked or canned tomatoes |
| 1½ cups bread crumbs | 1 egg, beaten |
| 2 tablespoons melted fat | 1 tablespoon minced onion |
| 1/4 teaspoon savory seasoning | salt and pepper to taste |

Combine all ingredients. Pack into greased loaf pan. Bake at 350 degrees, about 45 minutes. Makes 6 servings.

Mrs. Elizabeth Chesson
Harkers Island Club

FISH SALAD

- | | |
|-----------------------------------|--------------------------------|
| 2 cups celery, cut fine | 2 tablespoons minced onion |
| 2 cups cooked fish, flaked | 1/4 cup sweet pickles, chopped |
| 3 tablespoons minced green pepper | 3 tablespoons lemon juice |
| 1/2 cup mayonnaise | |

Combine all ingredients. Chill. Serve on crisp lettuce garnished with tomato wedges.

Mrs. Cecil Morris
Atlantic Club

TUNA FISH SALAD

- | | |
|--------------------------------|--|
| 1 cup tuna, canned and drained | salt and pepper to taste |
| 1 hard boiled egg, chopped | 1½ teaspoons lemon juice |
| 1/2 cup celery, diced | 2 tablespoons cooked salad dressing |
| 1/4 cup cucumber, diced | 1/4 head lettuce |
| 1 small sweet pickle, chopped | |

Drain tuna. Flake fish into medium bowl. Add chopped hard-boiled egg, diced celery, cucumber, chopped pickle, and seasonings. Sprinkle with lemon juice; mix in cooked salad dressing. Chill. Serve mounded on crisp lettuce. (Salmon may be used instead of tuna.)

CHEESE SALMON LOAF

1 can (1 pound) salmon, flaked
1½-2 cups grated sharp cheddar
cheese
1 egg, beaten
½ cup undiluted evaporated
milk
1 cup coarse bread crumbs

3 tablespoons melted margarine
1 tablespoon lemon juice
1/8 teaspoon pepper
½ to 1 teaspoon garlic salt
dash of Worcestershire sauce
½ teaspoon salt

Combine ingredients. Pack into greased 1-quart loaf pan. Bake in moderate oven (350 degrees) for 35-45 minutes. Unmold. Makes 6 servings.

TUNA SALAD IN TOMATO CUPS

1 cup flaked tuna
1 hard boiled egg
2-3 tablespoons sweet pickles,
chopped

1 cup chopped celery
French dressing
mayonnaise

Mix tuna, celery, pickle, egg and enough French dressing to moisten well. Chill. Remove stem ends from 3 or 4 medium tomatoes. Scoop out insides. Let chill. When ready to serve, fill tomato cups with salad. Garnish with mayonnaise and serve on lettuce leaves in individual plates. A small amount of chopped onions may be added if desired.

Miss Josie Pigott
Gloucester Club



TUNA SALAD

1 large can tuna
¾ cup chopped celery
2 hard boiled eggs
1/4 teaspoon salt

dash of black pepper
2 tablespoons lemon juice
2 sweet pickles, chopped

Combine ingredients and moisten with mayonnaise. Chill and serve on crisp lettuce. Crabmeat or shrimp may be used instead of tuna.

Mrs. G. R. Gooding
North River Club

TUNA AND MACARONI SALAD

- | | |
|--|-----------------------------------|
| 1 7-ounce package elbow or shell macaroni | 5 tablespoons mayonnaise |
| 1 teaspoon salt | 1 teaspoon celery seed |
| 1 cup celery | black or white pepper to taste |
| 3 hard boiled eggs | 1 6½-ounce can of light meat tuna |
| 1 large onion | paprika |
| 1 sweet pepper (half red makes a prettier salad) | |

Boil macaroni for 18 minutes in 3 quarts of water with salt. Drain in colander. Rinse with cool water. Drain while cutting up celery, eggs, onion, pepper, celery seed, pepper and mayonnaise. Mix together ingredients and tuna. Toss thoroughly. Sprinkle with paprika. Chill before serving if desired. This dish is delicious chilled overnight.

TUNA WALDORF SALAD

- | | |
|-----------------------------|-------------------------------|
| 1 red apple, chopped | 1 tablespoon chopped pickle |
| 1 tablespoon lemon juice | ½ cup chopped, cooked carrots |
| 1 7-ounce can tuna, drained | 1/8 teaspoon salt |
| 1 cup green peas, cooked | 2/3 cup mayonnaise |

Sprinkle apple with lemon juice. Combine remaining ingredients. Toss together with apple. Chill. Serves 4 to 6.

Mrs. Guy Edwards
Beaufort HD Club

SCALLOPED TUNA AND POTATOES

- | | |
|--------------------------|-----------------------------|
| 5 cooked potatoes | 1 can condensed celery soup |
| 1 7-ounce can tuna | paprika |
| 1 tablespoon diced onion | |

Slice potatoes and flake tuna. Fill greased casserole with alternate layers of potatoes, tuna, onion, and celery soup until all are used. Pour oil from tuna over mixture and sprinkle with paprika. Bake in hot oven (425 degrees) about 30 minutes. Serves 6. Salmon, shrimp, oysters, or clams may be used instead of tuna.

SALMON-MACARONI SALAD

1 large can salmon, drained and flaked ½ cup pickle relish
1½ cups cooked macaroni 1 or 2 hard boiled eggs, chopped
2/3 cup chopped celery salt and pepper to taste
1 small onion, chopped fine salad dressing

Combine ingredients, moistening with desired amount of salad dressing. Chill. Serve on lettuce leaves and garnish with tomato wedges and sprigs of parsley.

Virginia Nance

MULLET WITH BARBECUE SAUCE

6 pieces or 3 small mullets 1 cup water
½ teaspoon salt

Place fish in skillet with water and salt. Cover and cook over low heat until tender, turning once. Drain.

BARBECUE SAUCE

½ cup vinegar ¼ stick butter or margarine
½ teaspoon crushed red pepper ½ teaspoon sugar
¼ teaspoon black pepper

Heat ingredients in a saucepan to boiling. Pour over fish in skillet. Cover and cook for 2 minutes.

Mrs. J. H. Byrum
Sound View H. D. Club



SEA MULLETS IN THE ROUND

(A favorite recipe of the late Dr. Sam Thompson)

Brown 3 tablespoons flour in enough bacon drippings to cover the bottom of a frying pan. Put sea mullets, cut in the round (4 or 5 not filleted) in the frying pan and add spring onions (include tops) and salt and pepper to taste. Add about 1½ cups water. Cover and cook about 20 minutes.

Mrs. Margaret Thompson
Morehead City, N. C.

CHARCOALED MULLETS WITH PIZZA SAUCE

Dress and fillet mullet. Salt and place on charcoal broiler. Brown and turn as mullet cooks. Mop with Pizza Sauce.

To make Pizza Sauce:

| | |
|----------------------------------|---------------------------------------|
| 1 large can tomatoes | 1 level tablespoon sugar |
| 2 small cans tomato sauce | 2 teaspoons salt |
| 3 ounces oil (olive oil is best) | pepper to taste |
| 3 tablespoons oregano | 1 garlic bud put through garlic press |

This will make about 3 pints of Pizza Sauce.

Mrs. Elizabeth R. Chesson
Harkers Island H. D. Club

FLAKED FISH WITH BAKED RICE

| | |
|------------------------|---------------------|
| 1 cup rice | 1 tablespoon butter |
| ½ teaspoon salt | 1 cup flaked fish |
| 1 cup thin white sauce | 1 egg, well beaten |

Cook rice as directed on package. Add butter and salt. Mix lightly. Line well-oiled baking dish with rice. Pour flaked fish into rice mold. Cover with white sauce which has been combined with egg. Bake in moderate oven (375 degrees) for 30 minutes. Sprinkle with paprika. Yield: 8 servings.

Mrs. Cecil Morris
Atlantic H. D. Club

TUNABURGERS

| | |
|-----------------------------|-----------------------------------|
| 1 cup flaked tuna | ½ cup shredded cheddar cheese |
| 3 tablespoons chopped onion | dash of Tabasco |
| 1/3 cup mayonnaise | 4 hamburger buns or smaller rolls |
| 1/4 cup chopped celery | |

Split buns in half. Blend all ingredients well and spread mixture on each half of bun. Place under broiler and broil until mixture bubbles. (Shrimp or crab may be used instead of tuna.)

Mrs. Dolores Muth
Sound View H. D. Club

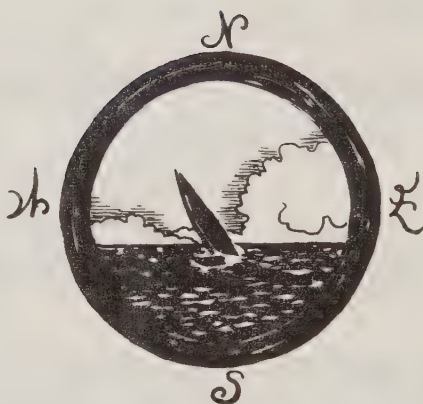
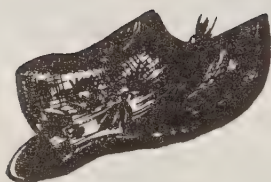
TUNA-NOODLE CASSEROLE

2 cups cooked noodles, salted
to taste
1 cup canned tuna

2 tablespoons butter
 $\frac{1}{2}$ cup water
1 can mushroom soup

In a baking dish, place layer of cooked noodles. Alternate layers of tuna and noodles until all are used. Pour 1 can mushroom soup diluted with $\frac{1}{2}$ cup water over tuna-noodle mixture. Dot with butter. Bake for about 30 minutes at 375 degrees.

Mrs. T. O. Brookins
Harlowe H. D. Club



BAKED FISH

(Sea Bass, Puppy Drum or other large fish)

Combine: 1 package dry onion soup mix, $\frac{1}{4}$ bottle Worcestershire Sauce, 2 tablespoons Bourbon, $\frac{1}{4}$ cup water.

Cover pan-dressed fish with sliced onions. Pour sauce over all. Wrap in foil and bake in 350 degree oven 45 minutes.

J. B. Elkins
Morehead City, N. C.

FISH SHORTCAKE

2 or 3 tablespoons chopped onion
4 tablespoons fat
4 tablespoons flour
2 cups milk

1/3 cup grated cheese
1½ cups cooked, flaked fish
salt and pepper to taste
hot biscuits or cornbread

Cook onion slowly in fat until tender. Blend in flour. Add milk slowly, stirring constantly, and cook until sauce is thickened. Add cheese and fish; season with salt and pepper. Serve on hot biscuits or cornbread. Or, go "Chinese" by leaving out cheese, serving over hot fluffy rice, sprinkling with soy sauce.

Mrs. Elizabeth R. Chesson
Harkers Island H. D. Club

NEW ENGLAND FISH CHOWDER

1 to 2 cups boned fish
(puppy drum is suggested)
½ cup chopped onion
1½ cups diced potatoes
¾ cup water

1 cup rich milk
small pat of butter
salt and pepper to taste
4 slices bacon

Boil fish in small amount of water until just done enough to bone and flake. Any fish can be used, even canned salmon. Remove fish, then add onions, potatoes, butter, salt and pepper to water. Cook slowly until tender. Add flaked fish and milk, and simmer slowly for about 15 minutes. Garnish with crumbled crisp bacon and parsley flakes.

Mrs. J. L. Bulla
Sound View H. D. Club

BROILED "BONED" SHAD

1 shad, boned
dot with butter

salt and pepper as desired

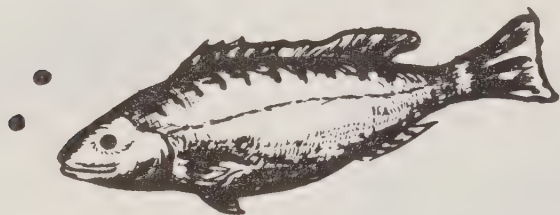
Broil about 15 minutes or until done.

Mrs. M. H. Judy
North River H. D. Club

FISH CHOWDER

| | |
|-----------------------------------|----------------------|
| 2 pounds fish | 1 cup fish stock |
| 1 slice fat salt pork | 2 cups scalded milk |
| 1 onion, sliced | 1 teaspoon salt |
| 4 potatoes, diced | 2 tablespoons butter |
| 1 tablespoon Worcestershire sauce | 4 "Pilot" biscuits |

Free fish from skin and bone. Cut in pieces. Cover skin and bones with cold water and simmer for 20 minutes to make fish stock. Cut pork into cubes and fry out. Cook onion in pork fat for 5 minutes. Strain fat into soup kettle. Parboil potatoes in 1 cup water and add water and potatoes to fat. Cover and simmer 10 minutes. Add fish stock and fish. Cover and simmer 15 minutes longer, or until fish is cooked. Add hot milk, salt, butter, and Worcestershire sauce. Split "Pilot" biscuits, soak in a little cold milk and add to chowder. Makes 4 servings.



Mrs. G. E. Thompson
Crab Point H. D. Club

BATTER FRIED FISH

| | |
|---------------------------|----------------------|
| 2 pounds white fish | 1 cup flour |
| 2 teaspoons baking powder | 1 teaspoon salt |
| 1 egg, separated | ½ cup lukewarm water |
| 1 tablespoon melted fat | |

Cut fish into serving pieces. Sift flour, baking powder and salt in a bowl. Drop egg yolk in center. Add water and fat and mix well. Fold in beaten egg white. Dry fish pieces and dip in batter. Heat shortening and fry at about 365 degrees for 4-6 minutes. Drain on absorbent paper.

Mrs. G. E. Thompson
Crab Point Club

BAKED OR BROILED FISH

Place fish (King mackerel is suggested) on foil. (No baking dish to clean!) Cover with lemon juice, sprinkle with salt and pepper. Place bacon strips and onion slices over fish. Sprinkle lightly with fine herbs. Bake in moderate oven or broil. Do not over cook.

Mrs. G. E. Thompson
Crab Point Club

SALMON CUTLETS (FRIED)

- | | |
|------------------------|---------------------------|
| 1 large can salmon | 2 cups mashed potatoes |
| 1 egg | 1½ teaspoons salt |
| 1/4 teaspoon pepper | fine bread crumbs, sifted |
| 1 egg, slightly beaten | |

Remove bone and skin from salmon; mash with fork. Add potatoes, salt, pepper and beaten egg. Mix well. Form into cutlets. Roll in bread crumbs. Heat shortening and fry. Drain on absorbent paper. Temperature: 390 degrees. Time: 5 minutes.

Mrs. G. E. Thompson
Crab Point Club

TUNA SQUARES

- | | |
|---|-----------------------------|
| 1 7-ounce can tuna, drained and flaked | 1/4 cup sweet pickle relish |
| 1 tablespoon prepared mustard | ½ teaspoon salt |
| | 3 tablespoons mayonnaise |

Heat oven to 450 degrees. Make rolled biscuit dough. Divide in half. Pat half into 9" square on greased baking sheet. Mix above ingredients and spread on dough. Pat out other half of dough and cover filling. Bake 10 to 12 minutes. Cut into squares. Make ahead and warm just before serving.

Mrs. G. E. Thompson
Crab Point Club

TUNA CASSEROLE

- | | |
|--|---|
| 1 cup onion, chopped | 3 7-ounce cans tuna, drained and flaked |
| 2 tablespoons shortening | 1 10-ounce package frozen peas, cooked and drained |
| 3 cans cream of celery soup | ½ cup buttered bread crumbs |
| 1½ cups milk | |
| 4 cups cooked noodles (6-ounces uncooked) | |

Cook onion in shortening until tender. Blend together soup and milk. Stir in onion, tuna, peas and cooked noodles. Pour into 3-quart casserole. Top with buttered bread crumbs. Bake at 375 degrees for 30 to 40 minutes. Serves 10. (Other fish may be used in place of tuna.)

Mrs. Cecil Morris
Atlantic Club

BAKED FISH

Select whole fish or fillets appropriate for baking (shad, bass, bluefish, flounder, etc.). Place fish in baking pan in oven at 375 degrees and bake 15-20 minutes per pound. If desired, baste twice during baking with 1 part melted butter and 2 parts water. When baking whole fish: rub salt inside. Cut 3 or 4 deep gashes in each side of fish. Stuff with moist dressing made of 1½ cups browned bread cubes, ½ cup chopped celery, 1 tablespoon green pepper, and 1 tablespoon minced onion with melted butter, margarine, or bacon drippings. Pull fish together and fasten with strong wooden picks. Lace with string to hold in dressing. Slip pieces of bacon or salt pork into gashes. When baking sliced fish or large fillets: Season with salt and pepper and spread on soft butter. Place in shallow greased baking pan or have small slices of salt pork in bottom of pan and place fish on top.



Mrs. Cecil Morris
Atlantic Club

TUNA CASSEROLE

| | |
|---------------------|---------------------|
| ½ cup green pepper | 2 6-ounce cans tuna |
| ¼ cup chopped onion | 1 can milk |
| 1 pound macaroni | 1 stick butter |
| 2 cans celery soup | |

Cook macaroni according to package directions. Brown pepper and onion. Add with other ingredients to cooked macaroni and mix well. Pour into casserole and bake at 350 degrees about 15 minutes. Top with cheese if you like.

Mrs. Shelby Willis
Beaufort Club

SALMON SHORTCAKE

Blend: 1 can cream of celery soup
1/3 cup milk
1 cup salmon (8-ounce can), drained and flaked
1 cup peas, cooked and drained
dash of powdered dill
salt and pepper to taste

Heat thoroughly. Serve on hot biscuits. 4 servings.

SPICY BAKED FISH WITH MUSTARD SAUCE

4 individual fish steaks
1 tablespoon melted fat
1 tablespoon flour
salt and pepper to taste

$\frac{1}{2}$ teaspoon dry mustard
 $\frac{3}{4}$ cup milk (Use $\frac{1}{2}$ cup water and
 $\frac{1}{4}$ cup vinegar for spicier flavor)
 $\frac{1}{4}$ cup bread crumbs

Place steaks in greased shallow pan. Blend all other ingredients except bread crumbs in sauce pan. Stir until thickened. Pour sauce over fish and sprinkle with crumbs. Bake at 350 degrees for 30 to 35 minutes. Serves 4.

Mrs. Elizabeth R. Chesson
Harkers Island Club

FISH A LA KING

2 pounds fish (fresh or frozen)
1 green pepper
1 small can pimiento

1 small can mushroom pieces
2 cups medium white sauce
 $\frac{1}{2}$ cup sherry, optional

Parboil fish, bone and flake. Saute green pepper. Add fish, green pepper, pimiento, and mushrooms to white sauce. Season with 1 teaspoon paprika and salt to taste. Serve on toast triangles. Serves six generously.

Mrs. Wallace Brickman
Sound View Club

SALT FISH

Soak fish overnight, changing water 2 or 3 times. Drain. Place in pot and cover with water. Bring to a boil. Simmer about 5 or 6 minutes. Drain. While fish is boiling, fry about 8 or 10 strips of bacon or salt pork and spoon drippings on the fish. (Melted butter may be used instead.)

Mrs. Warren L. Styron
Sound View Club

POMPANO

Cover fish with sliced onion, 1 can cream of celery soup with $\frac{1}{4}$ cup water. Season to taste with salt and pepper. Bake in 375 degree oven for 40 minutes.

Margaret Thompson
Morehead City

PAN FRIED FISH

2 pounds fillets, steaks or
pan-dressed fish
1 egg
1 cup bread crumbs, cracker crumbs,
cornmeal or flour

1 teaspoon salt
1/8 teaspoon pepper
1 tablespoon milk or water

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Beat egg slightly and blend in the milk. Dip fish in the egg and roll in the crumbs. Place fish in a heavy frying pan which contains about 1/8 inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time about 10 minutes depending on the thickness of the fish. Drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.



DEEP FAT FRIED FISH

2 pounds fillets, steaks or
pan-dressed fish
1 egg
1 cup bread crumbs, cracker crumbs,
cornmeal or flour

1 teaspoon salt
1/8 teaspoon pepper
1 tablespoon milk or water

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Beat egg slightly and blend in the milk. Dip the fish in the egg and roll in crumbs. Use a deep kettle with a frying basket and enough fat to cover the fish, but do not have the kettle more than half full of fat. Heat the fat to 375 degrees. Place a layer of fish in the frying basket and cook to an even golden brown, about 3 to 5 minutes. Raise basket, remove fish, and drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

BAKED FLOUNDER

3 or 4 pound flounder, dressed
4 tablespoons butter or other fat,
melted
2 medium onions, sliced

1½ teaspoons salt
3 slices bacon
6 medium potatoes, cut in 1/8
inch slices

Clean, wash, and dry fish. Rub inside and out with salt. Place fish in greased baking pan. Bank with potatoes and onions. Sprinkle potatoes and onions with salt and pepper (lightly). Pour about ½ cup water over fish. Brush top with melted butter and lay slices of bacon over top of fish. Bake in a moderate oven (350 degrees), basting occasionally, until potatoes are tender and fish flakes easily when tested with a fork. Serve right from the oven on a hot platter.

Jo McCabe

CHARCOALED MULLET

Mullets weighing 1 to 1½ pounds apiece are best for charcoaling. Split mullet down back, leave backbone in on one side. Place on boards flesh side up. Sprinkle heavily with salt. Let stand 15-20 minutes. Rinse salt off and lay in sun, flesh side up. Leave in sun until dry or no water appears on surface. (Cheesecloth spread over fish will protect the fish from flies and other insects.) Place on grill, flesh side down, and cook until brown. Turn and baste with sauce (your favorite). Cook until brown on both sides, basting frequently. A mixture of butter, lemon juice and vinegar makes a good basting sauce for charcoal mullet.

“Bump” Styron
Morehead City, N. C.



Notes



Oysters



OYSTERS

The American oyster, *Crassostrea Virginica*, ranges extensively off the Atlantic coast from the Gulf of St. Lawrence along the shores of North America into the Gulf of Mexico. This distribution covers an unusually wide range of temperature and the species is abundant throughout the range. North Carolina is ideally suited, geographically, for oysters since it is located about midway between the extreme in the range of distribution. The winters are not severe nor are the summers excessively hot. Also, in comparison with other oyster areas, this is one area with a relative absence of the many enemies of the oyster.

The oyster is a bivalve mollusk, with one of its shells much larger than the other. This unusual animal starts life as a female and later becomes a male! This species of oyster grows in the bays, sounds and lagoons along the coast. Except for a brief period in their life, oysters are attached to the substrate. For this reason it is important in harvesting oysters to return the shells to the area from which they were taken, thus giving the young oysters a place of attachment. Oysters are collected by dredges, tongs, or by hand. Although oysters may spawn at different times of the year in various parts of the country, in Carteret County the spawning season is from May to August 1 (or the months without "R").

The oyster has long been prized as a food. Its composition is similar to milk and it is easily digested. An average serving of six oysters will supply all or part of the daily requirements of the following substances: iron, copper, iodine, protein, calcium, magnesium, phosphorus, vitamin A, thiamine, riboflavin and niacin. Since the whole oyster is eaten, there is no waste. Oysters can be fixed many ways, but never cook too long. Overcooking will not only destroy the flavor but its nutritional value as well.

OYSTER DRESSING

| | |
|----------------|----------------------|
| 1 pint oysters | stock from 1 chicken |
| 3 eggs | 1 package crackers |
| 5 slices bread | |

Combine and mix ingredients. Pour in lightly greased pan. Thin. Bake at 350 degrees until lightly browned.

Shirley Taylor
Harlowe Club

HOT PANNED OYSTERS

| | |
|------------------------------------|---|
| 1 quart select oysters | 1/4 pound soda crackers |
| 1/4 pound butter or cooking butter | 1/4 large stalk celery (5 pieces), chopped very fine |
| 3 ounces Worcestershire sauce | salt and pepper to taste |
| 20 shakes (drops) Tabasco sauce | |

Never wash the oysters, but remove any pieces of shell which might be present with a fork. Then drain oysters well in a colander. Into a shallow glass baking dish place the one stick of butter and run it into the oven until pan is very hot and butter well melted. Into this hot melted butter, drop a layer of oysters, a layer of chopped celery, a layer of the four condiments and last, a layer of crackers which have been rolled out with the biscuit roller the size of your little fingernail. Repeat the layers, in the same order, if you have more oysters. Do not let the crackers become cracker meal. Sprinkle paprika freely over top layer. Preheat oven at 350 degrees for 20 minutes: bake oysters at this temperature for one hour. If any juice remains after this time, continue cooking until juice is absorbed. Serve very hot in the same pan you cook them in. Never stir the mixture at any time because you want the oysters whole with their juice retained, which is made possible by dropping them into the scalding hot melted butter. Be twice as generous with your condiments as you think possible and the seasoning will be perfection.

OVEN FRIED OYSTERS

Roll 1 dozen oysters in 1 cup enriched flour seasoned with 1 teaspoon salt and 1/4 teaspoon black pepper. Dip into 1 slightly beaten egg and roll in bread crumbs. Sprinkle both sides with salad oil. Bake in a shallow pan in a hot oven (400 degrees) until brown, about 15 minutes. Makes 2 servings.

Mrs. A. C. Davis
Wildwood H. D. Club

OYSTERS, COUNTRY-FRIED

1 pint raw oysters - drained and
cleaned
flour

2 eggs and $\frac{1}{2}$ cup milk, beaten
together

Dip oysters in egg and milk mixture and roll in flour, one at a time. Fry in deep fat until golden brown. Do not crowd in pan and do not overcook.

Mrs. Ernest Wharton

FRIED OYSTERS

Select large oysters, remove pieces of shell. Wash and wipe dry. Roll in well-seasoned, dry bread crumbs which have been sifted. Dip oysters in 1 egg beaten with 1 tablespoon of water or oyster juice, and then again in the crumbs. Fry in deep hot fat.

Mrs. G. E. Thompson
Crab Point Club

OYSTERS ON TOAST

1 dozen raw, shucked oysters

6 slices of white bread

Toast bread on one side, then cut in half, making two triangles out of each slice. Butter each untoasted side (a little heavy). Place one well-drained oyster on each triangle, add salt, pepper, then place under broiler until edges of the oysters begin to curl and bread browns. Serve hot. Good any time.

Mrs. R. E. Walton
Sound View H. D. Club

OYSTER STEW

1 quart oysters
1 quart milk
 $\frac{1}{4}$ teaspoon black pepper

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ teaspoons salt

Wash oysters, reserving liquid. Heat liquid to boiling point and strain. Add oysters. Cook until edges begin to curl. Add oysters and liquid to hot scalded milk. Add butter, and seasonings. Serve at once.

Mrs. G. E. Thompson
Crab Point H. D. Club

SCALLOPED OYSTERS

| | |
|---------------------|----------------------|
| 1 quart oysters | cayenne |
| 2 cups bread crumbs | 6 tablespoons butter |
| ½ teaspoon salt | ¾ cup liquid |

Wash oysters with ¾ cup cold water in colander and remove pieces of shell. Strain juice. Melt butter, add crumbs and seasonings. Line the bottom of a greased baking dish with ¼ of the crumbs, then add one-half of the oysters. Add one-fourth more crumbs and remainder of oysters and liquid (which may be liquid from the oysters, or milk). Cover with buttered crumbs. Bake in a moderate oven 30 to 40 minutes. A large shallow pan is always preferable to a deep baking pan, as there should be only two layers of oysters.

Mrs. G. E. Thompson
Crab Point H. D. Club

SCALLOPED OYSTERS

| | |
|------------------------|--------------------|
| 1 quart oysters | ¼ cup diced celery |
| 1½ cups milk | ½ teaspoon salt |
| ½ pound salty crackers | ½ teaspoon pepper |
| 4 tablespoons butter | |

Place alternate layers of oysters, crackers and celery in baking dish. Dot with butter, salt and pepper. Pour milk over mixture. Bake uncovered for 45 minutes in 325 degree oven. Serves 6.

Mrs. Leon Parker
Broad Creek H. D. Club

SCALLOPED OYSTERS

| | |
|----------------------------|--------------------------|
| 6 tablespoons butter | ½ cup diced celery |
| 2 cups milk | salt and pepper to taste |
| 2 cups fine cracker crumbs | 1 quart oysters |

Melt 2 tablespoons butter in casserole. Spread one cup of crumbs in bottom of casserole. Arrange one-half of the oysters on top of the crumbs. Add diced celery and salt and pepper. Add remaining ½ cup of crumbs and remaining oysters. Melt 4 tablespoons butter in warm milk and pour over mixture. Bake in 425 degree oven for 20 minutes. Serve hot.

Mrs. Cecil Morris
Atlantic H. D. Club

SCALLOPED OYSTERS

1 3-1/3 ounce box unsalted
soda crackers
1 teaspoon salt
1/4 teaspoon pepper

1 pint oysters
1 3/4 cups oyster liquid plus
light cream or milk
4 tablespoons butter or margarine

Heat oven to 375 degrees (moderately hot). Crumble crackers coarsely. Drain oysters and measure oyster liquid. Add enough light cream or milk to make 1-3/4 cups. In the bottom of a well-buttered 1 1/2 quart casserole, put about one-fourth of the cracker crumbs. Arrange about one-third of the oysters over the crumbs. Sprinkle with some of the salt and pepper and dot with one tablespoon of the butter. Repeat layers, ending with crackers and butter. Pour the oyster liquid over all. Bake about one hour, until top is crusty. Serves 4.

Mrs. Joe Williams
Crab Point H. D. Club

SCALLOPED OYSTERS

Butter a deep baking dish or pan. Fill with alternate layers of cracker crumbs and oysters, salting, peppering, and dotting each layer with butter. Using the liquid from the oysters and one beaten egg added to milk, cover the layers of oysters and crumbs. Place the covered dish into the oven for 30 minutes, baking at 375 degrees. Uncover dish and brown.

Mrs. Gerald Guthrie
Bogue H. D. Club

MINCED OYSTERS

1 quart oysters, partially drained
1 pint soft bread crumbs
1 tablespoon lemon juice
1 tablespoon onion juice
1/2 cup soft butter

4 eggs, beaten
salt
pepper
pinch of dry mustard

Chop oysters and mix with bread crumbs. Add butter and seasonings. Heat this mixture in top of double boiler and add the eggs. Place this mixture in buttered casserole (one large, or individual ones) and cover thickly with cracker crumbs and bits of butter. Brown in a hot oven. This serves 12 or 15 and takes 30 to 45 minutes to prepare. Note: This recipe may be prepared the day before intended serving. To serve, simply reheat mixture and place in dish to bake.

Mrs. R. E. Walton
Sound View H. D. Club

OYSTER PIE

Line 8" x 8" pan with pie crust (your favorite recipe)

| | |
|--------------------------------|---------------------------|
| 4 cooked large white potatoes | 1/4 cup parsley, cut fine |
| 1 pint oysters | 1/2 stick butter |
| 4 or 5 hard-boiled eggs, diced | salt and pepper to taste |
| 1/4 cup oyster juice | milk |

First, make a bottom layer of diced cooked potatoes, then a layer of oysters, then a layer of diced hard-boiled eggs. Sprinkle with chopped parsley and bits of butter. Salt and pepper 1/4 cup oyster juice. Use juice and necessary amount of milk to cover ingredients. Put top crust on, being careful to seal edges well. Bake at 350 degrees for 15 minutes, then at 325 degrees for 45 minutes.

Mrs. Esther C. Taylor
Harlowe H. D. Club

RICE OYSTER RING

| | |
|------------------------------|----------------------------------|
| 1 pint oysters, drained | reserved oyster liquid |
| 2 tablespoons butter | 2 tablespoons flour |
| cream, chicken or beef stock | 1/2 teaspoon salt |
| 1/8 teaspoon paprika | 1 teaspoon lemon juice or sherry |
| chopped parsley | 4 cups cooked rice |

Drain oysters, reserve liquid. Melt butter in saucepan, adding and stirring flour until blended. Stir in 1 cup liquid (oyster liquid or oyster liquid combined with cream or stock). Add salt and paprika. When sauce is smooth and boiling, add oysters. Heat oysters to boiling but do not allow sauce to boil again. When oysters are thoroughly heated, season with lemon juice or sherry. Serve while steaming hot in rice ring or over a bed of rice, sprinkled generously with chopped parsley.

Mrs. G. E. Thompson
Crab Point Club

BAKED OYSTERS ON THE HALF SHELL

| | |
|----------------------|------------------------------|
| 36 shell oysters | 1/2 teaspoon salt |
| 1/8 teaspoon pepper | 2 tablespoons onions, minced |
| 4 tablespoons butter | |

Shuck and drain oysters; place on deep half of shells. Sprinkle with salt, pepper, and onion. Dot with butter. Place oysters in baking pan, and bake in hot oven (400 degrees) for 10 minutes or until edges begin to curl. Serves 6.

OYSTER CASSEROLE

| | |
|------------------------------|----------------------------------|
| ½ pint oysters | 1 tablespoon chopped onion |
| 1 cup milk | 1 teaspoon salt |
| 1 cup cracker crumbs | dash pepper |
| 1-2 chopped hard cooked eggs | 1 tablespoon butter or margarine |
| 2 tablespoons chopped celery | ½ cup grated cheese |

Mix celery, onion, salt, pepper and chopped egg. Put one-half of oysters in buttered baking dish. Add one-half of mixed seasonings, one-half of cheese and one-half of crumbs. Add remaining oysters. Pour milk over this. Add cheese and cover with remaining crumbs. Dot with butter. Bake in moderate oven (350 degrees) for 25 minutes.

Jo McCabe
Beaufort, N. C.

OYSTERS ROCKEFELLER

| | |
|------------------------|------------------------|
| 36 shell oysters | ½ teaspoon celery salt |
| 2 cups spinach, cooked | ½ teaspoon salt |
| 4 tablespoons onion | 6 drops Tabasco sauce |
| 2 bay leaves | ½ cup bread crumbs |
| 1 tablespoon parsley | 6 tablespoons butter |

Shuck and drain oysters; place on deep half of shells. Put spinach, onion, bay leaves, and parsley through food grinder. Add seasonings to spinach, and cook in butter for 5 minutes. Add bread crumbs and mix well. Spread mixture over oysters, and bake in hot oven (400 degrees) for about 10 minutes. Garnish with lemon slices. Serves 6.



OYSTER FRITTERS

| | |
|----------------------------|---------------------|
| 1 pint oysters | 2 cups sifted flour |
| 1 tablespoon baking powder | 1½ teaspoons salt |
| 2 eggs, beaten | 1 cup milk |
| 1 tablespoon fat, melted | |

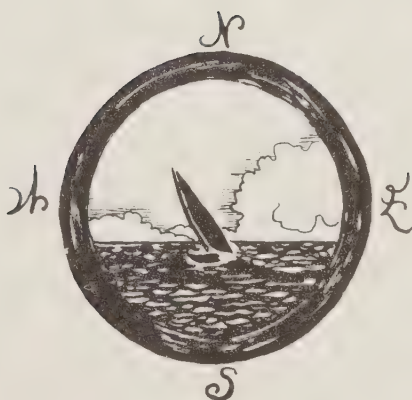
Drain oysters and chop. Sift dry ingredients together. Combine beaten eggs, milk and fat. Pour into dry ingredients and stir until smooth. Add oysters. Drop batter by teaspoonsful into hot fat, heated to 350 degrees and fry about 3 minutes or until golden brown. Drain on absorbent paper. Serves 6.

ANGELS ON HORSEBACK

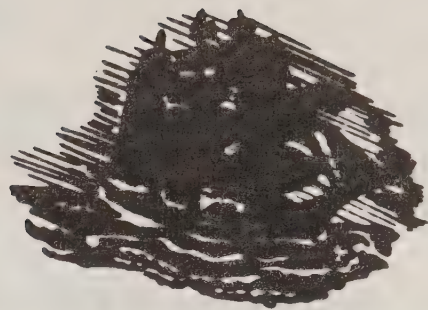
1 pint select oysters
½ teaspoon salt
1/8 teaspoon paprika

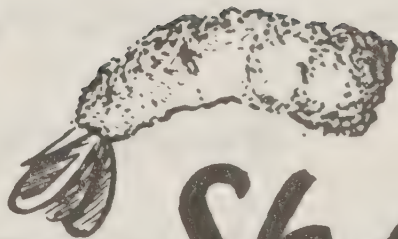
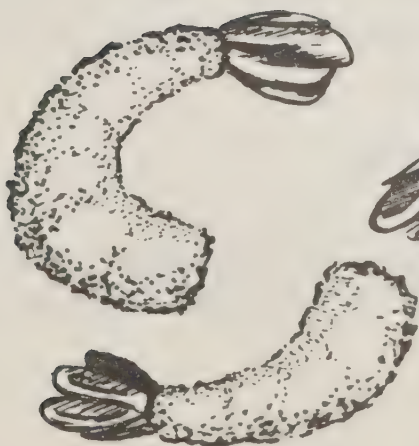
12 slices bacon
1/8 teaspoon pepper
2 tablespoons parsley

Drain oysters and lay each oyster across half a slice of bacon. Sprinkle with seasonings and chopped parsley. Roll bacon around oyster and fasten with toothpick. Place oysters on a rack in shallow baking pan and bake in hot oven, 450 degrees for about 10 minutes or until bacon is crisp. Remove toothpicks and serve. Serves 6.



Notes





Shrimp

SHRIMP

Shrimp are probably the most popular of our shellfish--the flavor is quite distinctive, its use extremely varied, and its availability nearly cosmopolitan. The shrimp is a ten-legged crustacean and is capable of swimming, walking and a "jerking" movement. The shrimping fishery of the United States is virtually the property of the South Atlantic and Gulf regions. Three species of shrimp account for about 98 percent of the total: *Penaeus setiferus*, the white shrimp; *P. aztecus*, the brown shrimp; and *P. dourarum*, the spotted shrimp. The immature spotted shrimp enter the sounds from June to November. The early arrivals are usually mature enough to be caught by fall. The rest spend the winter in small creeks and emerge early in the spring. Immature brown shrimp enter the sounds from February to May and are mature by July to the fall. Immature white shrimp enter the sounds from June to August and reach maturity by August to December. The staggered arrival of the three species means that fresh shrimp are available from April or May until November or December. Although shrimp are found primarily on the bottom, they do swim to the surface at night time, as evidenced by the night trawlers. After the shrimp are caught, they are deheaded and shelled and the big abdominal muscle is what is consumed. The black vein which goes down the back is their digestive tract. Although it is harmless to eat it is unappetizing. Those who do remove the black vein know that it is much easier to devein uncooked shrimp.

Shrimp are high in protein and very low in carbohydrate and fat. They are an excellent source of phosphorus and calcium. Some of the other substances they contribute to our nutrition are iron, vitamin A, niacin, riboflavin and thiamine.

SHRIMP DIP

Mix 1/4 pound finely chopped, cooked shrimp in one 10½-ounce can cream of chicken soup. Add dashes of curry and parsley. Makes about 1½ cups of dip and is delicious served with potato chips or snack crackers.

Mrs. G. E. Thompson
Crab Point Club

COTTAGE CHEESE SHRIMP DIP

½ pound shrimp, cooked, or
one 5½-ounce can shrimp
1 package cottage cheese
3 tablespoons chili sauce

½ teaspoon onion juice
1/4 teaspoon Worcestershire sauce
4 tablespoons milk or cream

Finely chop shrimp; mix with cottage cheese. Stir in chili sauce, onion juice, lemon juice, and Worcestershire sauce. Gradually beat in milk or cream until mixture reaches desired dipping consistency. Yield: 1 3/4 cups.

Mrs. Osborne Pigott
Gloucester Club



SHRIMP SCOOP

Combine ½ pound chopped cooked shrimp (fresh, frozen or canned) with 1 cup cottage cheese, 1 cup sour cream, 2 tablespoons A-1 Sauce, 2 tablespoons lemon juice, and 2 tablespoons chili sauce. Add 1 teaspoon salt. Blend well. Yield: 3 cups.

Mrs. G. E. Thompson
Crab Point Club

SHRIMP CANAPE

Season cream cheese to taste with salt and Worcestershire Sauce. Spread on small rounds of toast. Place a boiled shrimp on each round.

Mrs. G. E. Thompson
Crab Point Club

SHRIMP CREOLE

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|------------------------------|--------------------------------|
| 1/4 cup butter or margarine | dash pepper |
| 1 large onion, chopped | 1/8 teaspoon dried rosemary |
| 1/2 cup minced green peppers | 1/8 teaspoon paprika |
| 1 clove garlic, minced | 2 cups canned tomatoes |
| 1 teaspoon salt | 1 pound cleaned shrimp, boiled |

Melt butter in saucepan. Add onion, green peppers, garlic; saute 10 minutes. Add salt, pepper, rosemary, paprika and tomatoes. Bring to boil; then reduce heat and simmer 15 minutes. Add shrimp; heat thoroughly. Makes 4 servings. Note: 1 1/4 teaspoons chili powder and 2 dashes of Tabasco may be added to tomatoes for a "hot" shrimp creole.

Mrs. R. E. Walton
Sound View Club

SHRIMP CREOLE

| | |
|--------------------------------------|--------------------------|
| 3 onions | 1 stalk celery |
| 1 bell pepper | 4 tablespoons bacon fat |
| 2 tablespoons flour | 1 tablespoon salt |
| 1/8 teaspoon pepper | 2 teaspoons chili powder |
| 3 cups cooked tomatoes | 2 teaspoons sugar |
| 3 cups shrimp, dressed and boiled | 2 cups water |

Brown onions, celery, and bell pepper in bacon fat. Blend in flour and seasonings. Add water and tomatoes slowly, stirring constantly. Simmer about 15 minutes with pan covered. Add shrimp and continue cooking about 10 or 15 more minutes. Serve over hot rice.

Mrs. Leslie Brinson
Crab Point Club



SHRIMP CREOLE

Peel and devein 1 pound shrimp. Wash, salt and pepper, and sprinkle with flour. Fry shrimp in small amount of shortening. Brown 1/3 cup green pepper, 1/3 cup onion, and 1/3 cup chopped celery. Add 1 cup cooked rice and 1 can tomato paste. Add approximately 1 cup water (more or less, depending upon desired consistency). Season to taste. Pour in shrimp and simmer for 2 or 3 minutes.

Mrs. Milton Taylor
Harkers Island Club

CREAMED SHRIMP CASSEROLE

1 pound boiled shrimp
1½ cups white sauce (medium)
1 teaspoon herb seasoning

1 medium sized onion, diced
and pre-cooked
1 teaspoon seafood seasoning

Fold boiled shrimp into hot white sauce in top of double boiler. Continue heating over boiling water, about 15 minutes. Add herb seasoning and seafood seasoning. Finally, add diced onion. Put in a casserole dish and oven-bake at lowest temperature for five minutes.

MEDIUM WHITE SAUCE

2 tablespoons butter
½ teaspoon salt

2 tablespoons flour
1 cup milk or ½ cup evaporated
milk and ½ cup water

Combine ingredients and cook in top of double boiler until sauce thickens.

Mrs. Don L. Morris
Atlantic Club



SHRIMP CREOLE

1½ pounds shrimp, fresh or
frozen
¼ cup chopped onion
¼ cup chopped green pepper
1 clove garlic, chopped fine
¼ cup butter or other fat,
melted

1 teaspoon chili powder
dash pepper
1 teaspoon salt
2 cups canned tomatoes
cooked rice
3 tablespoons flour

Peel shrimp, remove sand veins, and wash. Cut large shrimp in half. Cook onion, green pepper, and garlic in butter until tender. Blend in flour and seasonings. Add tomatoes and cook until thick, stirring constantly. Add shrimp and simmer uncovered for about 20 minutes. Serve on cooked rice. Serves 6.

Mrs. Warren L. Styron
Sound View Club

SHRIMP CREOLE

| | |
|-----------------------------|---------------------------|
| 1/2 cup chopped onion | 1 teaspoon salt |
| 1/2 cup sliced celery | dash of pepper |
| 1/2 cup diced green pepper | 1/4 teaspoon chili powder |
| 1 clove garlic (optional) | 1 pound shrimp, cooked |
| 1/4 cup pure vegetable oil | 4 cups cooked rice |
| 2 8-ounce cans tomato sauce | |

Saute vegetables in oil. Mix in tomato sauce and seasonings. Simmer 15 minutes. Add shrimp and heat thoroughly. Serve over hot cooked rice. Makes 4 servings. Menu suggestion: Serve half grapefruit first, have buttered peas with main course, and enjoy pound cake a la mode for dessert.

SHRIMP CASSEROLE

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|--|--|
| 1/2 pound mushrooms, sliced | 1/3 cup sherry |
| 2 tablespoons butter | 1 teaspoon Worcestershire sauce |
| 1 medium onion, minced | 1/2 teaspoon Tabasco |
| 2 large tomatoes, peeled, seeded, and chopped | 2 teaspoons salt |
| 2 tablespoons flour | 1/8 teaspoon pepper |
| 1/2 cup light cream | 3 pounds shrimp, boiled, peeled, deveined |
| 1/2 cup buttered bread crumbs, soft | |

Saute mushrooms in butter until tender. Add onion and tomatoes and cook 10 minutes. Stir in flour and cream. Stir in sherry and seasonings. Add shrimp. Transfer to buttered casserole. Top with bread crumbs. Bake in moderate oven (350 degrees) for 20 minutes, or until top is browned. 6 to 8 servings.

Mrs. Joe DuBois
Crab Point Club

SHRIMP NOODLE CASSEROLE

| | |
|------------------------------------|--|
| 1 can cream of mushroom soup | 1/2 cup chopped celery |
| 2 tablespoons sherry | 1/2 cup sliced water chestnuts |
| 1/2 pound uncooked shrimp, cleaned | 1/2 teaspoon Worcestershire sauce |
| 1/4 cup chopped pecans | 2 tablespoons melted butter |
| 1/4 cup chopped onions | 2 cups Chow Mein noodles (save 1/4 cup for top) |

Combine all ingredients. Pour into a greased 2 quart casserole. Sprinkle 1/4 cup crushed noodles over top. Bake at 350 degrees for 30 minutes. Serves 6.

Sandra Woods
Sound View Club

SHRIMP SUPREME

1/4 cup onion, chopped
2 tablespoons celery, minced
1/4 cup butter or margarine
1/4 cup flour

1 to 2 tablespoons chili powder
1 1/2 teaspoons salt
1/2 teaspoon cinnamon
2 cups tomatoes, fresh,
peeled, deveined

Cook celery and onions in butter or margarine until soft but not browned. Stir in flour, chili powder, salt and cinnamon. Add tomatoes, stirring to blend. Simmer gently about 10 minutes. Stir frequently. Five minutes before serving, add shrimp and cook until firm. Serves 4 to 6.

Mary Guthrie
Bogue Club

SHRIMP SUPREME

2 cans frozen shrimp soup
1 1/2 cups boiling water poured
into shrimp soup
2 pounds cleaned and cooked shrimp
1 cup diced celery
1 cup green pepper, diced
3 teaspoons curry powder
1 teaspoon salt

dash cayenne pepper
dash Tabasco sauce
1 tablespoon Worcestershire sauce
1 cup pitted, ripe olives, cut in
pieces
1/2 cup toasted slivered almonds
4 cups uncooked minute rice

Pour soup in pot, add water. Add celery, green pepper, curry, salt, cayenne, Tabasco, Worcestershire. Cook five minutes. Add shrimp and olives. Place rice, cooked according to package directions, in glass baking dish and cover with shrimp mixture. Place in slow oven for 45 minutes (you may cover dish with foil to keep in moisture). Before serving, sprinkle with almonds. Serves 10 to 12.

Mrs. Joe DuBois
Crab Point Club

SHRIMP CURRY

1 cup cream sauce (medium)
1 cup shrimp, cleaned and cooked

1/2 to 1 teaspoon curry powder

Combine ingredients and serve over rice.

Mrs. O. D. Robinson
Atlantic Club

SHRIMP SALAD

Shell, devein, and cook 1 pound of shrimp in salted water for 20 minutes with 2 slices of lemon, 1 onion, and a few parsley sprigs. After cooking, chop shrimp very fine. Mix together:

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|-----------------------------|-------------------------------------|
| 2 tablespoons cream cheese | 1 teaspoon Worcestershire sauce |
| 1 tablespoon chili sauce | 2 teaspoons horseradish and mustard |
| 1/4 cup celery, cut fine | 1 hard-boiled egg, chopped |
| 2 tablespoons green pepper | 3/4 teaspoon salt |
| 1/2 tablespoon grated onion | |
| dash of Tabasco | |

Mix these ingredients well, and serve on lettuce. Or, roll in balls and roll balls in chopped parsley.

Mrs. Sadie Nelson
Atlantic Club

SHRIMP SALAD

| | |
|----------------------------|---------------------------|
| 2 cups boiled shrimp | 1 cup cubed celery |
| 1/2 cup cubed pickles | 1/4 teaspoon black pepper |
| 1/2 teaspoon salt | 3/4 cup salad dressing |
| 1/2 tablespoon lemon juice | |

Boil shrimp in salt water for 5 minutes. Cool and cube. Mix all ingredients and add salad dressing.

Miss Alice Laughton
Crab Point Club

SHRIMP SALAD

| | |
|----------------------------------|---------------------------------------|
| 1 1/2 cups celery, thinly sliced | 3 cups cooked shrimp, fresh or canned |
| 3 tablespoons French dressing | mayonnaise, about 1/2 cup |
| salt and pepper to taste | |
| lemon juice, to taste | |

Combine shrimp, celery, and French dressing. Add salt and pepper. Chill. Drain. Mix with mayonnaise and lemon juice. Serve in lettuce cups with tomato slices and saltine crackers. Makes about 6 to 8 servings.

Mrs. Fred F. McCabe
Bogue Club

SHRIMP SALAD

2 cups boiled shrimp, cut in
small pieces
1 cup celery
2 hard-boiled eggs
1/4 teaspoon salt

dash black pepper
1 tablespoon tartar sauce
3 tablespoons sweet cubed
pickles

Boil peeled shrimp ten minutes. Combine with other ingredients. Moisten with mayonnaise. Chill and serve on lettuce.

Mrs. J. R. Ball
Harlowe Club

SHRIMP SALAD

1 pound raw shrimp
1 cup diced celery
1 cup lettuce, broken in small
pieces

1 tablespoon capers
1 tablespoon lemon juice
salt and pepper to taste
1/2 cup mayonnaise or salad
dressing

Boil shrimp in salted water about 10 minutes. Cool, peel, and devein. Cut into pieces, not too fine. Dice celery, break up lettuce, and add mayonnaise, salt, pepper, capers (chopped). Mix all ingredients together. Place on green lettuce leaves and garnish with olives or tomato wedges or both.

Mrs. Joe DuBois
Crab Point Club



SHRIMP SALAD

Marinate 1 cup diced boiled shrimp in 3 tablespoons seafood cocktail sauce for 1 hour. Mix 2 small hard boiled eggs, diced (about 2/3 cup), 1 small onion (1/3 cup diced), and 1/2 cup sweet cubed pickles. Season to taste with celery salt, salt, and pepper. Add shrimp. Arrange on lettuce leaves. Garnish with sliced tomatoes. Serves 4.

Mrs. Earl Dunn
Wildwood Club

SHRIMP SALAD SHORT PIE (An Ideal Party Luncheon Dish!)

Using your favorite shrimp salad, pile salad into cooled short pie shell. Top with tomato wedges and pitted ripe olives. Cut in wedges and listen to the applause!

Mrs. G. E. Thompson
Crab Point Club

SHRIMP CHOW MEIN

| | |
|------------------------------|--------------------------------|
| 1/4 cup butter or shortening | 2 cups (or more) raw shrimp |
| 1 cup onions, cut fine | salt and pepper to taste |
| 2 cans bean sprouts, drained | 2 cups celery, cut at an angle |
| 1½ cups hot water | |

Melt butter in hot skillet. Add onions and fry for 3 minutes. Add celery, seasoning, hot water. Cover and cook until celery is done (about 10 minutes). Add drained bean sprouts and shrimp. Stir well. Cook about 5 minutes longer. For flavoring and thickening:

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|--------------------------|--------------------------|
| 2 tablespoons cold water | 2 tablespoons cornstarch |
| 1 tablespoon soy sauce | 1 teaspoon sugar |

Combine and add flavoring and thickening ingredients. Stir gently and cook 1 minute. Serve hot with chow mein noodles and small side dishes of rice. Flavor servings with soy sauce. Yields 4 large portions. (Left-over beef, pork or chicken may be used instead of shrimp.)

Mrs. Alice Terhune
Sound View Club

SHRIMP WIGGLE

| | |
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| 4 tablespoons butter | paprika |
| 2 tablespoons flour | celery salt |
| 1 1/4 cups milk | 1 egg yolk (optional) |
| 1 cup shrimp | 1 tablespoon cooking sherry |
| 1 cup peas | |

Melt butter. Stir in flour and blend. Gradually add milk. Bring sauce to boil and add shrimp. Simmer about 5 minutes, or until shrimp are nearly done. Then add drained peas, seasonings, while sauce is still simmering. Permit egg yolk to thicken slightly and add lemon juice or sherry. The wiggle may be placed in a baking sheet and covered with buttered crumbs. Brown under broiler and serve. Note: If mixture becomes too thick, dilute with additional milk.

Lynn Masey
Sound View Club

BAKED SHRIMP AND RICE

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|--|---|
| 3/4 cup rice | 3/4 cup sliced ripe olives |
| 2 cups cooked cleaned shrimp | 1 12-ounce can tomato sauce with mushrooms |
| 1/2 9-ounce package frozen artichoke hearts, cooked and drained | 1 teaspoon salt |
| 1/4 teaspoon onion salt | 1/2 cup grated cheese |

Cook rice in boiling salted water. Drain. Combine rice with remaining ingredients, except for cheese. Pour mixture into 2 quart casserole. Sprinkle cheese on top. Bake at 350 degrees for 30 minutes.

Miss Florence Pigott
Gloucester Club

GRAPEFRUIT SHRIMP MOUSSE

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|--|---|
| 2/3 cup chopped celery | 1 teaspoon salt |
| 2 tablespoons finely chopped green pepper | 1/4 teaspoon Tabasco |
| 2 tablespoons finely chopped onion | 3/4 cup mayonnaise |
| 2 cups water | 2 cups (about 1 pound) chopped cooked shrimp |
| 2 envelopes unflavored gelatin | 1 cup (1/2 pint) heavy cream, whipped |
| 6 tablespoons frozen grapefruit juice concentrate, thawed (undiluted) | |

In small saucepan, combine celery, pepper, onion and 1 cup water; let simmer about five minutes. Remove from heat; drain liquid into medium size bowl. Chill vegetables. Sprinkle gelatin over remaining 1 cup water in saucepan to soften. Place over low heat, stirring constantly until gelatin is dissolved, about three to five minutes. Remove from heat. Pour into bowl with vegetable liquid; stir in undiluted grapefruit concentrate, salt and Tabasco. Cool slightly; gradually blend in mayonnaise. Chill until mixture is the consistency of egg white. Mix in reserved vegetables and chopped shrimp. (Four whole shrimp may be reserved to decorate inside of mold.) Fold in whipped cream. Decorate inside of mold if desired. Pour gelatin mixture into five-cup mold. Chill until firm. Unmold and surround with salad greens and grapefruit sections. Makes 4 to 6 servings.

Mrs. Joe DuBois
Crab Point Club



SHRIMP MOLD

| | |
|----------------------------------|---|
| 1 can condensed tomato soup | ½ cup onion, minced |
| 3 small packages cream cheese | ½ cup celery, minced |
| 2 tablespoons unflavored gelatin | 2 pounds fresh shrimp or 3 small cans shrimp |
| ½ cup cold water | 1 cup mayonnaise |
| ½ cup green pepper, minced | |

Heat soup and cheese; beat until smooth. Soften gelatin in cold water. Add to soup mixture. Cool. Add remaining ingredients. Pour into a greased mold or into 10 individual molds; refrigerate until firm. If a fish mold is used, cut a stuffed olive in half; place cut side down in eyes of mold. Pour mixture over olive. To unmold, place hot cloth on bottom of mold until mixture is loosened.

Mrs. Lenora Gregory
Wildwood Club



PICKLED SHRIMP

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|----------------------------------|----------------------|
| 2 or 3 pounds of shrimp in shell | 1 tablespoon salt |
| ½ cup celery tops | 2 cups sliced onions |
| ¼ cup mixed pickling spices | 7 or 8 bay leaves |

Cover shrimp with boiling water; add celery tops, pickling spices and salt. Boil for five minutes, drain, shell and devein shrimp under cold water. Alternate layers of shrimp with onion and bay leaves in a shallow baking pan or dish. Combine 1½ cups of salad oil with ¾ cup white vinegar. Add 3 tablespoons of capers with juice, 2 ¼ teaspoons celery seed, 1½ teaspoons salt, and a few drops of Tabasco sauce. A sliced pickled red pepper may be added or a small spoon of sweet red pepper relish. Mix well and pour over shrimp. Cover and chill for 24 hours. Spoon marinade over shrimp occasionally. (A good party dish or appetizer, this dish keeps well for about a week.)

Mrs. R. E. Walton
Sound View Club

CONGEALED SHRIMP ASPIC

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|---|----------------------------|
| 2 tablespoons gelatin | ½ cup cold water |
| 2 cups seasoned tomato juice | 1 teaspoon salt |
| 1 cup cooked shrimp, cut into 2 or 3 pieces each | 1 cup chopped celery |
| 8 or 10 stuffed olives, sliced | 2 hard boiled eggs, sliced |

Melt gelatin in cold water for 5 minutes. Heat tomato juice to scalding. Add to gelatin and stir until gelatin dissolves. Add other ingredients. Chill until firm. Slice and serve on lettuce with the following dressing:

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|-----------------------------|-----------------------------|
| 4 tablespoons of mayonnaise | 1 tablespoon tomato ketchup |
| 4 ounces cream cheese | |

Mrs. J. H. Byrum
Sound View Club

SHRIMP GUMBO

| | |
|-----------------------|---------------------------|
| 2 quarts fresh shrimp | 3 onions |
| ½ cup vinegar | salt to taste |
| 2 quarts water | 1 tablespoon butter |
| 4 cups okra, cut fine | 6 large tomatoes, skinned |
| 2 bay leaves | pinch of sugar |
| pinch of pepper | 1 tablespoon flour |

Wash and clean shrimp. Boil shrimp with 2 of the onions, vinegar and salt for about 20 minutes. Drain off and save stock. Shell shrimp. Chop remaining onion and brown in melted butter. Stir in flour and slowly add strained broth, stirring constantly. Add okra and rice, tomatoes, seasonings and shelled shrimp. Let simmer until okra and tomatoes are done.

Mrs. Emmitt H. Piper
Gloucester Club

SOUTHERN FRIED SHRIMP

Dip shrimp into salt and peppered flour. Fry quickly in small amount of fat. Remove from skillet. Brown flour in skillet for gravy. Add water. Blend well. Return shrimp to skillet with gravy. Cover and let simmer for a few minutes. Do not overcook. Serve over rice or on toast.

Mrs. R. E. Walton
Sound View Club
and
Mrs. G. E. Thompson
Crab Point Club

SHRIMP MACARONI AND CHEESE

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|-------------------------------|--|
| 1 box macaroni shells, cooked | 4 tablespoons butter |
| 4 tablespoons flour | 1 teaspoon salt |
| 1 teaspoon parsley flakes | 1 teaspoon Italian seasoning |
| 3½ cups milk | 1½ cups cheddar cheese, cut or grated |
| 1½ cups shrimp | |

Make a white sauce: Melt butter and add flour, milk, and seasonings. Cook until thick and add cheese and shrimp. Bake in buttered casserole 25 minutes at 375 degrees.

Mrs. J. Monroe Whitehurst
Gloucester Club

QUICKIE CREOLE

| | |
|-------------------------|------------------------|
| 2 pounds dressed shrimp | 2 cans spaghetti sauce |
|-------------------------|------------------------|

Cook shrimp in sauce until tender, about 10 minutes. Serve over fluffy rice. Serves 5 to 6.

SHRIMP JAMBALAYA

| | |
|---|---------------------------|
| 1 to 1½ pounds raw shrimp, fresh or frozen | ¼ cup butter or margarine |
| 3 cups hot cooked rice | 3 firm bananas |
| salt to taste | 2 cups creole sauce |

Remove shells from shrimp. Boil in salted water 3 to 5 minutes until pink. Melt butter in frying pan. Peel bananas and cut at an angle into halves. Fry bananas slowly in butter until tender, easily pierced with a fork, and evenly browned. Sprinkle lightly with salt. Make a bed of rice and arrange bananas around the edge. Place shrimp atop rice. Pour part of the sauce over rice; serve remainder on the side. To make Creole Sauce: Heat 1/3 cup fat or salad oil. Add 1 green pepper, thinly sliced, and 1 onion, thinly sliced. Cover and cook until tender but not brown. Add 1/4 teaspoon chili powder, 1 teaspoon sugar, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 2 cups tomatoes. Cook over low heat for 30 minutes, stirring occasionally. Mix 2 tablespoons cornstarch with 2 tablespoons water, and add to sauce. Cook about 5 minutes, stirring constantly until thick. This recipe makes about 2 cups.

Mrs. Charles Stanley, Jr.
Crab Point Club

SHRIMP-MACARONI SALAD

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|---|---|
| 1 to 2 pounds boiled shrimp, cut in small pieces | 2 small carrots, finely chopped |
| 1 8-ounce package macaroni | 1 small green pepper, finely chopped |
| 1 small stalk celery, finely chopped | 1 small onion, very finely chopped |

Cook macaroni according to package directions, drain well and cool. Add remaining ingredients to macaroni with enough salad dressing to moisten well (about a cup). Serve on crisp lettuce leaves.

Mrs. Anita Earp
Beaufort Club

FRENCH-FRIED SHRIMP

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|------------------------------|--------------------------------|
| 1 cup enriched flour | 1 cup ice water |
| $\frac{1}{2}$ teaspoon sugar | 2 tablespoons fat or salad oil |
| $\frac{1}{2}$ teaspoon salt | 2 pounds fresh shrimp |
| 1 egg | |

Combine all ingredients except shrimp. Beat well. Peel shrimp, leaving last section and tail intact. Cut slit through center back without severing either end, removing black vein. Dry shrimp thoroughly on paper towel. Removing all excess moisture is very important. Dip into batter and fry in deep hot fat until golden brown. Drain on absorbent paper. Serve immediately with Tartar sauce. Makes 6 servings.

Mrs. A. C. Davis
Wildwood Club

SWEET 'N SOUR SHRIMP

| | |
|----------------------------------|-------------------------------|
| 1 pound shrimp | $\frac{1}{4}$ cup brown sugar |
| 2 tablespoons cornstarch | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup vinegar | 1 tablespoon soy sauce |
| 1 16-ounce can pineapple, sliced | 1 green pepper, cut in strips |
| 2 small onions, cut in rings | hot cooked rice |

Shell and devein shrimp. Cook in boiling salted water 5 to 7 minutes. Drain. Mix together in saucepan brown sugar, cornstarch, salt, vinegar, soy sauce, , and juice drained from canned pineapple. Cook until slightly thickened, stirring constantly. Add green pepper, onion, and pineapple cut into chunks. Cook 2 or 3 minutes. Remove from heat, add shrimp, and let stand for 10 minutes. Stir while bringing to a boil. Serve with hot rice. Makes 4 servings.

Mrs. G. E. Thompson
Crab Point Club

FRENCH FRIED SHRIMP

1 pound fresh shrimp
½ cup sifted flour
½ teaspoon salt
1/8 teaspoon pepper

1 tablespoon lemon juice
1 tablespoon salad oil
1 egg white, stiffly beaten

Drop shrimp into boiling water and cook for 5 minutes. Cool. Sprinkle with salt. Make a smooth batter of flour, salt, pepper, water, lemon juice, and salad oil. Fold in egg white. Dip shrimp into batter and fry in deep fat heated to 375 degrees, for one or two minutes, or until golden brown. Drain on absorbent paper. Serves 6.

SHRIMP FANTASIA (A Party Suggestion)

2 pounds medium sized shrimp
(about 21 to the pound)
green pepper strips
1 small clove garlic, crushed
6 tablespoons lemon juice
2 tablespoons fresh ginger or
½ teaspoon ground ginger

1 teaspoon dry mustard
¾ cup melted butter
1 teaspoon grated onion
2 tablespoons molasses
1 tablespoon Worcestershire sauce
few drops of Tabasco
1 teaspoon salt

Remove shells and devein shrimp. Cut heavy duty aluminum foil in 7" by 8" pieces. Arrange 5 shrimp in a row. Decorate each shrimp with small green pepper strips. Prepare sauce as follows: Add garlic and onion to melted butter. Gently saute for 2 minutes. Add all other ingredients. Pour evenly over shrimp. Close each package by overlapping foil over shrimp and twisting opposite ends. Place on a cookie sheet and bake in 350 degree oven for 25 minutes. Serve each person with a package to be opened at the table. Serves 6 to 8.

Mrs. G. E. Thompson
Crab Point Club

BUTTERFLY SHRIMP

shrimp, fresh and uncooked
2 eggs, beaten
bread crumbs, fine and sifted

salt and pepper to taste
¾ cup milk

Peel shrimp and cut through center, splitting into 2 sections almost down to tail. Remove sand vein. Wash and dry shrimp. Flatten shrimp out and salt. Dip shrimp into combined eggs and milk. Drain. Roll in bread crumbs. Fry in deep fat. Drain on absorbent paper.

Mrs. G. E. Thompson
Crab Point Club

SHRIMP CURRY

Cook 2 cut onions in 3 tablespoons of oil for 5 minutes. Add: 2 tablespoons flour, 1 teaspoon curry powder, $\frac{3}{4}$ teaspoon salt, dash of pepper, 1 cup water, $\frac{1}{2}$ cup raisins, 2 cloves. Stir until thick. Add juice and grated peel of $\frac{1}{2}$ lemon and 1 pound raw cleaned shrimp. Cover, cook slowly for 15 to 20 minutes. Serve with rice and garnish of chopped water chestnuts, pimiento, parsley and orange peel. Yield: 4 servings. Note: Two 5-ounce cans of shrimp may be used in place of fresh shrimp. Drain canned shrimp thoroughly, omit salt, and add just before serving.

Mrs. G. E. Thompson
Crab Point Club

SHRIMP-ON-A-STICK

| | |
|---|--------------------------------------|
| $\frac{1}{2}$ pound peeled ready-to-cook shrimp | $\frac{1}{2}$ cup catsup |
| 3 tablespoons lemon juice | $\frac{1}{4}$ cup water |
| 1 tablespoon Worcestershire | 3 tablespoons minced onions |
| 1 teaspoon prepared hot mustard | $1\frac{1}{2}$ tablespoons olive oil |
| $\frac{1}{8}$ teaspoon salt | 1 tablespoon brown sugar |

Devein shrimp. Combine other ingredients and bring to boil. Simmer uncovered 20 minutes. Outdoors: Grill shrimp over hot coals 12 to 15 minutes, turning and basting. String shrimp on small wooden sticks. Indoors: Place shrimp on foil-lined baking sheet; turn up foil edges to form "pan." Spoon sauce over shrimp. Serves 4.

Mrs. G. E. Thompson
Crab Point Club



SHRIMP FRIED RICE

| | |
|------------------------------|-------------------------|
| 4 cups cold cooked rice | 3 tablespoons oil |
| 1 cup sliced cooked shrimp | 3 eggs |
| 6 green onions | 3 tablespoons soy sauce |
| $\frac{1}{2}$ teaspoon sugar | 1 teaspoon salt |

Cook rice in hot oil for 10 minutes, stirring frequently. Add shrimp and slightly beaten eggs. Cook over low heat for 5 minutes. Stir frequently with fork. Slice onions and add remaining ingredients. Heat thoroughly and serve at once. Makes about 4 servings.

Mrs. G. E. Thompson
Crab Point Club

SHRIMP SCAMPI

2 pounds fresh or frozen shrimp
1 clove of garlic, finely minced

1/4 pound butter or margarine
salt and pepper to taste

Remove shells from shrimp. Cut down center back removing vein. Wash and drain. Spread shrimp in shallow broiling pan. Simmer butter with garlic 3 minutes. Pour over shrimp. Sprinkle with seasonings. Broil 3 inches from heat about 7 or 8 minutes or until tender and browned. Makes 4 to 5 servings. Serve with French fried potatoes, hot asparagus spears and cole slaw.

Mrs. G. E. Thompson
Crab Point Club

STEWED SHRIMP

1 pound shrimp, cleaned
1½ cups warm water
flour

1 medium onion, chopped
salt to taste

Wash shrimp and place in a colander; salt and flour as you would chicken. Heat oil in heavy skillet until hot. Add shrimp and turn heat to medium. Cook just until shrimp turns pink. Add chopped onion and warm water. Cover and simmer for 20 to 25 minutes. If gravy is too thick, add more water.

Mrs. John R. Williams
Crab Point Club

SHRIMP REMOULADE

1 pound boiled, peeled shrimp
3 hard cooked eggs
1 raw egg yolk
1 tablespoon vinegar
3 tablespoons olive oil

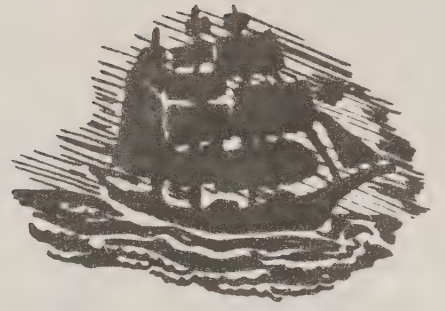
½ clove garlic, minced very fine
½ tablespoon prepared mustard
salt and cayenne to taste
juice of ½ lemon

Mash yolk of hard-cooked eggs in bowl till smooth. Add mustard and mix well. Add vinegar, salt and cayenne, keeping mixture smooth as added. Add olive oil drop by drop, working in smoothly. Add raw egg yolk and beat until light. Add juice of ½ lemon. Mix well. Oil or vinegar may be increased very slightly, according to taste. Keep mixture smooth and mix thoroughly or it will curdle. Marinate shrimp in sauce for several hours in refrigerator. Serve on lettuce. Serves 6.

*Combination
Dishes*



Notes



BAKED FISH WITH SHRIMP STUFFING

Clean and scale a large fish, 5 or 6 pounds, (red snapper, flounder, etc.). Rub inside of fish with $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and lemon juice. Cover well and let stand in refrigerator for 20 to 30 minutes. While fish is chilling, mix stuffing and sauce.

Recipe for Stuffing:

| | |
|--------------------------------|------------------------------------|
| 3 tablespoons oil | 1 teaspoon garlic, minced |
| 4 tablespoons onion, chopped | $\frac{1}{2}$ teaspoon salt |
| 1 cup stale bread crumbs | 1 cup chopped cooked shrimp |
| 2 tablespoons celery, cut fine | 2 tablespoons parsley, chopped |
| 1 cup water | 2 tablespoons green onion, chopped |

Saute onion in oil until brown on edges. Simmer 2 minutes. Add water, celery, garlic, salt and pepper, and shrimp. Cook 10 minutes. Stir in bread crumbs, parsley, onion tops (green). Stuff fish. Close opening with needle and thread. Cut 3 or 4 gashes through skin on both sides of fish. Bake covered with sauce.

Recipe for Sauce:

| | |
|----------------------------------|------------------------------------|
| 2 tablespoons onion, chopped | 1 teaspoon thyme |
| 1 teaspoon garlic, minced | 2 bay leaves, chopped fine |
| 4 tablespoons oil | salt and pepper |
| 2 tablespoons green pepper, chop | 1 cup raw shrimp |
| $\frac{1}{2}$ cup tomato puree | 2 tablespoons celery, chopped fine |
| $\frac{1}{2}$ cup whole tomatoes | 2 tablespoons parsley, chopped |

Saute onion, green pepper, and garlic in oil for 2 minutes, or until slightly brown. Add pepper, tomatoes, tomato puree, thyme, bay leaves, shrimp, celery, and enough water to thin sauce. Pour over fish. Bake fish in hot oven (500 degrees) for about 35 minutes (about 10 minutes per pound up to 4 pounds, and then five minutes for each additional pound.)

Mrs. R. E. Walton
Sound View H. D. Club



OPEN-FACED SEAFOOD SANDWICH

Use frozen, pre-cooked breaded shrimp and small fish cakes. Simply remove from the packages and place on rounds of bread, buttered on each side. Grill in aluminum foil. The bread fries crisp as the fish heats. Suggestion: For a spicy treat, first dip the fish in hot barbecue sauce!

Mrs. G. E. Thompson
Crab Point H.D. Club

SEAFOOD MEDLEY

Use one can lobster meat, one can shrimp, one can crab meat, one box frozen scallops. Butter a baking dish and lightly layer with cracker crumbs. Mix the seafoods with one can mushroom soup, diluted with one-half cup milk. Fill the dish with alternate layers of seafood and cracker crumbs. Crush potato chips and spread over the top. Bake at 350 degrees for 20 to 30 minutes. Note: This recipe is just as good when served re-heated. Try it served with a tossed green salad, hot rolls with a little cheese melted in them, coffee, and sherbet.

Mrs. Cecil Morris
Atlantic H. D. Club

SEAFOOD CASSEROLE

| | |
|------------------------------------|-----------------------------------|
| 1 pound crabmeat | 1 cup mayonnaise |
| 1 pound shrimp, shelled and boiled | 1 tablespoon Worcestershire sauce |
| ½ cup green pepper, finely diced | ½ teaspoon salt |
| 1½ cups celery, finely diced | 2 cups potato chips, crushed |
| ¼ cup onion, finely diced | paprika |

Mix all but the last two ingredients together and put in a greased casserole. Cover with 2 cups crushed potato chips and sprinkle with paprika. Bake in a 400 degree oven for 20 to 25 minutes until golden brown. This recipe will serve between 8 and 10 people.



Mrs. W. E. Pickard
Sound View H. D. Club

SEAFOOD MOUSSE

| | |
|------------------------------|--|
| 1 can tomato soup | 2/3 cup diced celery |
| 2 envelopes plain gelatin | ½ cup diced green pepper |
| ½ cup cold water | 1 can of shrimp, crabmeat or white tuna (washed) |
| 1 large package cream cheese | (I think shrimp and crabmeat makes a particularly good combination.) |
| ½ pint sour cream | |
| ½ cup mayonnaise | |

Warm soup; add gelatin which has been dissolved in cold water. Beat cream cheese, sour cream, and mayonnaise together. Combine these mixtures with celery, green pepper and shrimp, crab or tuna. Pour into 9" square pan, individual molds, or large decorative mold. Refrigerate 6 to 8 hours.

Betty Shelske
Sound View H. D. Club

SEAFOOD SOUTHERN

3/4 cup small scallops
2 eggs
2 cups boiled rice
3/4 cup boiled shrimp
2 tablespoons diced onions

2 tablespoons fat
1/4 cup tomato catsup
1/2 teaspoon celery salt
1 teaspoon curry powder

Combine liquid from scallops with slightly beaten eggs. Add rice, scallops and shrimp. Brown onion slightly in fat and add catsup, celery salt, and curry powder. Stir into rice mixture. Place in buttered shallow baking dish and bake in moderate oven at 350 degrees about 30 minutes or until firm. Serves 6.

Helen Cribb
Broad Creek H. D. Club

SEAFOOD CASSEROLE

1 pound crabmeat
1 pound shrimp
1 package frozen peas, cooked
1 large can pimiento, cut

1 pound scallops
6 hard boiled eggs, sliced
1 large can mushrooms, cut up
1/2 to 2/3 cup sherry (if desired)

Make cream sauce using liquid from scallops, shrimp, peas, and mushrooms (with milk, if necessary). Three or four cups of sauce will be needed. Combine sauce, egg, peas, pimiento, mushrooms, and seafood. Pour into buttered baking dish. Cover with a generous sprinkling of buttered bread crumbs. Heat thoroughly in a moderate oven. Serve hot with a tossed salad and hot rolls with fresh fruit or an ice for dessert. This is an excellent dish to make beforehand and freeze.

Beulah R. Van Sant
Atlantic Club

BAKED SEAFOOD SALAD

1 green pepper, chopped
1 cup celery, finely cut
1 cup shrimp
1/2 teaspoon salt
1/16 teaspoon Worcestershire

1 small onion, chopped
1 pound can crabmeat
1 cup mayonnaise
1/16 teaspoon pepper
1 cup buttered bread crumbs

Mix green pepper, onion, and celery. Flake crabmeat and cut shrimp in small pieces. Mix crabmeat, shrimp, and chopped vegetables. Add mayonnaise, seasonings, and Worcestershire sauce. Place in baking dish (greased), cover with buttered crumbs, and bake in a moderate oven (350 degrees) until browned, about 30 minutes. Serves 8.

Mary Morris
Atlantic Club



SHRIMP-CRAB SALAD

1 cup shrimp
 ½ cup crab meat
 ½ cup diced celery
 ½ cup lettuce hearts

2 tablespoons diced pickles
 1 teaspoon minced onion
 salt
 pepper

Chill thoroughly and combine ingredients with enough mayonnaise to moisten. Serve on crisp lettuce leaves with a garnish of tomato sections or lemon wedges. Serves 6 or more.



Mrs. Monroe Willis
 Gloucester Club

SEAFOOD SUPREME



½ pound raw scallops (1 cup)
 ¼ cup butter or margarine
 3½ tablespoons flour
 ¼ teaspoon salt
 dash of pepper
 ½ cup cream of top milk
 ½ cup milk
 1/3 pound canned or cooked
 fresh crab meat (1 cup)

1 teaspoon paprika
 ½ teaspoon Worcestershire sauce,
 or sherry to taste
 dash of cayenne pepper
 1 cup canned shrimp, or cleaned
 cooked fresh shrimp
 1 dozen raw oysters, drained
 (about 1 pint)

Cook scallops in boiling salted water, covered for about 10 minutes. Drain. Melt butter in double boiler. Add flour, salt, and pepper; blend well. Slowly add cream and milk, stirring well. Cook over boiling water until thickened, stirring occasionally. Add paprika, Worcestershire Sauce, and cayenne. Blend, cover, and cook 10 minutes over medium heat. Add oysters and crabmeat and cook 10 minutes longer, stirring often. Makes 6 servings.

Mrs. Mary Morris
 Atlantic H. D. Club

SEAFOOD NEWBURG

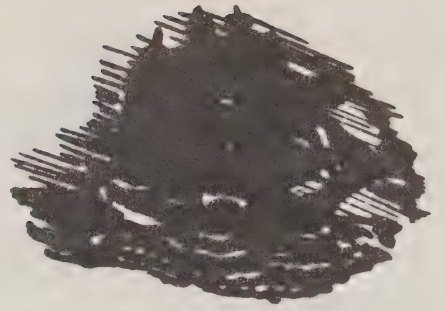
1 pound fresh shrimp or 1½
cups cleaned canned shrimp
5 tablespoons flour
1/3 cup margarine
1/3 cup tomato ketchup
2 cups milk

1½ tablespoons Worcestershire sauce
½ teaspoon salt
dash of cayenne
parsley
1 pound fillets of sole

Cover fresh shrimp with boiling water and simmer 15 minutes. Drain and remove shells and black line that runs down the back. Place fillets of sole in boiling salted water, and simmer several minutes or until almost tender. Drain and break into large pieces. Melt margarine, stir in flour; add milk slowly; cook, stirring constantly until thickened. Add ketchup, Worcestershire, salt and cayenne. Add shrimp and sole. Stir until well heated. Serve in individual shells. Garnish with parsley. Yield: 6 servings.

Mrs. R. E. Walton

Notes





Miscellaneous

GARNISHES FOR SEAFOOD

The importance of garnishes cannot be emphasized too much. A dash of color or a touch of garnish can turn a plain dish into an attractive and appetizing one. The most common garnishes are listed below with suggested methods of preparation.

| GARNISHES | SUGGESTED PREPARATION |
|-----------------------|--|
| Beets..... | Cooked whole or sliced |
| Carrots..... | Tops, sticks, curls, or shredded |
| Celery..... | Tops, hearts, sticks, curls |
| Cucumbers..... | Slices or sticks |
| Green peppers..... | Sticks or rings |
| Hard-cooked eggs..... | Slices, wedges, deviled, or grated yolks |
| Lemons..... | Slices or wedges |
| Lettuce..... | Leaves or shredded |
| Paprika..... | Sprinkled sparingly |
| Parsley..... | Sprigs or chopped |
| Pickles..... | Whole, sliced or chopped |
| Radishes..... | Whole, sliced, or roses |
| Red Peppers..... | Strips or rings |
| Water Cress..... | Sprigs or chopped |

COCKTAIL SAUCE

6 tablespoons catsup
4 tablespoons lemon juice
½ teaspoon Tabasco sauce

2 tablespoons horseradish
¼ teaspoon celery salt

Combine these ingredients. Mix well and chill. Serve with oysters, shrimp, and/or crabmeat.

Violet Byrum
Sound View Club

TARTAR SAUCE

1 cup mayonnaise
1 tablespoon finely chopped onion
or chives
1 tablespoon capers

2 tablespoons chopped olives
1 tablespoon chopped sweet pickles
1 tablespoon chopped sour pickles
1 tablespoon chopped pimiento, opt.

Combine all ingredients. Chill. Makes about 1 1/3 cups.

Mrs. G. E. Thompson
Crab Point H. D. Club

SHRIMP COCKTAIL SAUCE

2/3 cup mayonnaise
1½ tablespoons horseradish

1/4 cup chili sauce
1 tablespoon lemon juice

Combine all ingredients. Makes about 1 cup.

Mrs. G. E. Thompson
Crab Point H. D. Club

SEAFOOD DRESSING

1/4 cup mayonnaise
2 tablespoons minced scallions
or green onions
2 tablespoons minced parsley
1 teaspoon bottled horseradish

½ cup chili sauce
3 minced small sweet pickles
2 tablespoons minced celery
1 teaspoon Worcestershire Sauce

Combine mayonnaise and chili sauce. Add remaining ingredients; mix and chill. Delicious on fish salads. Makes about 3/4 cup.

Mrs. Cecil Morris
Atlantic H. D. Club

DRESSING FOR CABBAGE SLAW

1/4 cup vinegar
1/4 cup water

3 tablespoons mayonnaise
5 tablespoons sugar

Mix above ingredients together and pour over shredded cabbage.

Mrs. Henry McGee, Jr.
Sound View Club

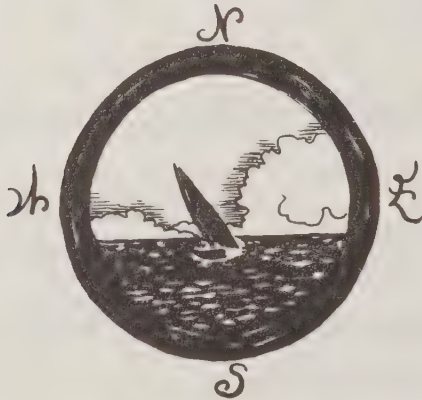
HUSH PUPPIES

1 cup meal
3 teaspoons baking powder
1 teaspoon salt
2 teaspoons sugar (optional)

1/2 cup flour
1 egg, beaten, plus enough milk
to make 1 cup
1 tablespoon grated onion

Sift dry ingredients together. Add onion. Add milk and egg mixture and mix well. Drop from spoon to hot fat (375 degrees).

Mrs. Fred Kelley
Core Creek Club



TAR HEEL HUSH PUPPIES

The recipe for Tar Heel Hush Puppies used at the Sanitary Fish Market in Morehead City, and the recipe for which "Tony" Seamon is famous:

1 pound fine corn meal
1 tablespoon salt
pinch of soda

1 egg
1 tablespoon sugar
1 cup buttermilk

Mix all ingredients, adding water last to make batter a thick consistency. Drop into fat. Cook at 375 degrees until golden brown. Serves 6.

Mrs. J. L. Seamon
Crab Point Club

MAMMY'S CORN BREAD

I couldn't make cornbread fit to eat until my mother measured out her ingredients for me. My bread still isn't as good as hers, but it is very tasty. All cooks in Hyde County heat their pans before adding the cornbread mixture. This recipe does not call for any flour or (heaven forbid!) sugar.

| | |
|--|-----------------|
| 1 cup sifted white corn meal (old fashioned water ground) | ½ teaspoon salt |
| ½ teaspoon baking powder | ½ teaspoon soda |
| 2 tablespoons oil or melted shortening | 1 egg |
| | buttermilk |

Heat oven to 475 degrees. Pour oil in pan bread is to be baked in and heat in oven. To sifted meal add salt, soda, and baking powder. Pour in enough buttermilk to moisten, stir in whole egg and add hot oil. Add enough buttermilk to make the mixture the consistency of cake batter. Pour in pan and bake until brown (about 10 to 15 minutes). This recipe may be used for corn muffins or corn sticks.

Mrs. Henry J. McGee, Jr.
Sound View Club

FRENCH FRIED SQUID

Cut cleaned squid into strips about the size of French-fried potatoes Dredge in flour and fry in deep fat until brown and crisp. Season to taste.

Mrs. R. E. Walton
Sound View Club



TURTLE HASH

Trim off all yellow fat of the fore quarter (flipper). Wash, place in pressure cooker and cover with water. Cook at 15 pounds pressure at least one hour. Open cooker and remove turtle from water. Remove all bones and gristle from meat. Cut turtle cross-grain into bite size pieces. Fry out one-half pound salt pork. Pour fat from pork over turtle meat. Add one large onion, diced, and 3 medium potatoes, diced. Salt and pepper to taste. Add enough water to cook potatoes and onion. Cook as you would corned beef hash.

Mrs. William H. Styron
Morehead City, N. C.

BROILED SHAD ROE

| | |
|-------------------------------|---------------------------|
| 4 pairs shad roe | 2 quarts boiling water |
| 1 teaspoon salt | 2 tablespoons lemon juice |
| 4 tablespoons butter | 8 slices toast |
| 8 slices crisp bacon, drained | water cress |
| lime wedges | |

Wipe roe carefully with damp cloth. Drop into boiling water, add salt and lemon juice. Boil about 5 minutes. Drain, brush with butter and place under pre-heated broiler until browned but still soft. Serve on hot toast with slices of bacon. Garnish with water cress and wedges of lime or lemon.

Helen Cribb
Broad Creek H. D. Club

FRIED MENHADEN ROE

Wash roe thoroughly, removing all black parts. Separate into single pieces. Season with salt and pepper to taste. Roll in flour or cornmeal and fry until golden brown. Cook slowly and cover pan to keep grease from popping. The roe may also be deep fat fried.

Jo McCabe



“PLUCK” (Gizzards and Livers from Jumping Mullet)

Fry out about 3 strips of salt pork. Separate gizzards from livers. Add gizzards to fried salt pork and cover with water. Cook gizzards until tender and all water has evaporated. Add livers and stir constantly until brown.

Mrs. Lillian Lupton
Lenoxville

BARBECUE SAUCE FOR FISH

| | |
|-------------------------------------|--------------------------|
| 1/4 bottle commercial Bar-B-Q-Sauce | 1/4 pound butter, melted |
| | 2 tablespoons white wine |

Cook together for 10 minutes. Pour over broiled fish (oven-broiled) or baste fish with sauce when charcoaling.

J. B. Elkins
Morehead City, N. C.

CLEANING CONCHS

An easy way to clean conchs is to put them in the shell in the freezer, carefully wrapped in freezer wrap. When you are ready to use them, remove from freezer and submerge in water for an hour or longer. Pull the conchs out of the shell with a fork. Scrape all black off the conchs. Eviscerate and wash. Beat with a meat mallet or the back of a claw hammer. If you have a large number of conchs, why not wash them in the washing machine? Put the conchs (out of the shell) into the machine with plain water. Run them a full cycle. (To clean the washing machine afterward, add clorox to the water after the machine has filled, and run a full cycle. This will leave the machine clean and sweet-smelling.)

Fannie Nichols
Sound View H. D. Club

CONCH STEW

| | |
|---|---|
| 1 quart conchs, cleaned and beaten | 2 or 3 young green onions (tops and roots) |
| 1½ quarts water | |
| 2 teaspoons salt | 1 slice salt pork, diced or |
| 3 or 4 cups white potatoes, cut in chunks | 1 tablespoon bacon drippings, or 2 slices bacon, diced |

Put conchs and water in a gallon pot and bring to boil. If salt pork is used, add it and turn heat down, cooking slowly for 2½ to 3 hours or until tender. Take conchs out of water and cut in small pieces. Replace in water and add salt and pepper. Add potatoes, onions, and bacon or bacon drippings (if you did not use pork). Cook about 15 minutes. Make 5 or 6 small corn meal dumplings and place in pot. Continue cooking for 20 minutes. Serve hot. (You may prefer baked cornbread instead of corn meal dumplings.)

Mrs. Milton Piner
Crab Point H. D. Club

CONCHS

Clean conchs. Lay on board and beat. Do not cut. Fry out 4 or 5 slices of salt fat pork. Put conchs into pork drippings and cover with hot water. Salt and pepper to taste. Cook for about 2 hours, keeping conch covered with hot water (add as necessary). About 10 minutes before conchs are tender and done, add cornmeal dumplings around side of pot. Make dumplings from 1 cup meal, 3 or 4 tablespoons plain flour, 1 teaspoon salt, and ½ teaspoon baking powder. The dumplings will thicken gravy. Cook down to a thick gravy and serve hot.

Mrs. Milton Taylor
Harkers Island H. D. Club

STEWED CONCHS

1 quart conchs
4 tablespoons salt pork drippings

1½ pints water
black pepper and salt to taste

The best method of preparing conchs is to freeze in shell for 24 hours or more, then thaw completely. Conchs are easily removed from shell after freezing and thawing. Or, conchs can be broken with a hammer. Remove all the black coating with a stiff brush or a knife. Then cut away everything except the white meat. Beat thoroughly with a meat mallet or hammer to tenderize. Place in warm water with drippings and cook slowly for 1½ hours. Add salt and pepper and continue cooking one hour or until conchs are tender. Thicken with 1 tablespoon flour paste. Serve hot with baked cornbread or muffins. Makes four large servings.

Mrs. H. O. Phillips
Crab Point H. D. Club

CONCH STEW

6 conchs
1 teaspoon salt
3 tablespoons fat (salt pork
or bacon drippings)

1 cup water
1 teaspoon pepper

Combine these ingredients in a pot and cook until tender. Add more water if necessary, but conch broth should be thick. Corn dumplings are very tasty and may be added atop the stew.

Mrs. Fannie Nichols
Sound View H. D. Club

CONCH FRITTERS

1 pound conch
1 egg
1/3 cup milk
2 teaspoons baking powder
2 green peppers, finely chopped

½ teaspoon salt, plain or garlic
1 teaspoon celery seed
1 tablespoon minced onion, more
if desired
1/4 teaspoon hot pepper sauce

Grind conchs in food chopper, using coarse blade. Beat egg, and add milk. Sift flour with baking powder and salt. Add to egg mixture. Add chopped conchs, celery seed, onion, chopped peppers, hot pepper sauce. Drop by half-teaspoonfuls into hot fat. Brown on all sides. Drain on absorbent paper. Serve hot with tartar sauce or cocktail sauce for dunking. Makes about 3 dozen bite-size fritters.

Mrs. Warren L. Styron

CONCH CHOWDER

17 medium conchs or 1½
quarts conchs
4 cups water
2 teaspoons salt
½ teaspoon pepper

1 large onion, cut up
1/3 cup corn meal (bolted)
1/4 cup water
2 medium potatoes, diced

Cut up conchs to bite size pieces. Place in pressure cooker with salt, pepper, onion, and water. Pressure cook for 30 minutes at 10 pounds pressure. After cooker has been allowed to cool slowly and the pressure has gone down, open cooker and add potatoes. Mix the corn meal with 1/4 cup water and add to conchs. Cornmeal serves as a thickening agent. Dumplings may be added. If so, they will thicken the chowder considerably. A cup more water may be added if you desire thinner chowder. Cook until the potatoes are done, about 10 to 15 minutes. Serves 9.

Mrs. Warren L. Styron
Sound View H. D. Club

CORN MEAL DUMPLINGS (For Stews, etc.)

1 cup corn meal
1 teaspoon salt

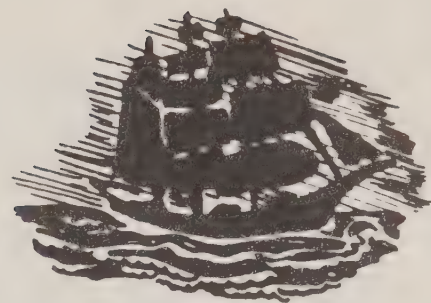
1/4 cup all purpose flour
enough water to make dough

Shape and press into small thin patties. Place on top of stew.

Mrs. E. M. Foreman
Core Creek H. D. Club



Notes



Index

SCALLOPS

| | |
|--|---|
| Baked Scallops | 3 |
| Scallop Canapes | 3 |
| Stewed Scallops | 3 |
| Scalloped Scallops | 4 |
| Scallop Fritters | 4 |
| Fried Scallops | 4 |
| Broiled Scallops | 5 |
| Deviled Scallops | 5 |
| Scallop or Clam Fritters | 5 |
| Scallop Vegetable Salad | 6 |
| Marinade | 6 |
| Scallop Rarebit | 6 |
| Baked Scallops | 7 |
| Baked Scallops (For Dieters and Non-Dieters) | 7 |

CRABS

| | |
|---|----|
| Little Crabmeat Casseroles | 12 |
| Fried Hard Crabs | 12 |
| Crabmeat Casserole | 12 |
| Crabmeat Casserole | 13 |
| Deviled Crab Casserole | 13 |
| Core Creek Crab Pot | 14 |
| Corn Meal Dumplings | 14 |
| Deviled Crab Casserole | 14 |
| Deviled Crab | 15 |
| Deviled Crab | 15 |
| Crab Supreme Souffle | 16 |
| Deviled Crabmeat and Green Peppers | 16 |
| Baked Crab Supreme | 17 |
| Crabmeat Ramekins | 17 |
| Crab Imperial | 18 |
| Crabmeat Salad | 18 |
| Crab Imperial | 19 |
| Crabmeat A La Nome | 19 |
| Fried Soft Shell Crabs | 19 |
| Crab Salad | 20 |
| Crab Cakes | 20 |
| Crab Pastries and Cheese Puff Topping | 21 |
| Cheese Puff Topping | 21 |
| Crab Delight | 22 |
| Hard Crabs | 22 |
| Stewed Hard Crabs -- Skillet Style | 22 |
| Corn-Crabmeat Chowder | 23 |
| Surprise Hot Sandwich | 23 |
| Carolina She-Crab Soup | 24 |
| Stewed Crabs | 24 |
| Hard Crab Stew (For Six) | 25 |
| Crab Potato Cakes | 25 |
| Tomatoes Stuffed with Crab Meat | 25 |

CLAMS

| | |
|----------------------------------|----|
| Clam Dip | 29 |
| Beach Party Clam Dip | 29 |
| Clam Dip | 29 |
| Clam Dip | 30 |
| Hobo Clam Dip | 30 |
| Clam Cheese Dip | 30 |
| Clam Chowder | 31 |
| Clam Chowder (New England) | 32 |
| Clam Chowder (Manhattan) | 33 |
| Baked Clam Chowder Patties | 33 |
| Clam Fritters | 33 |
| Clam Fritters | 34 |
| Clams and Rice | 34 |
| Clam and Corn Casserole | 34 |
| Deviled Clams | 35 |
| Clam Au Gratin | 35 |
| Stuffed Clams | 35 |
| Clam and Potato Casserole | 36 |
| Fried Clams | 36 |

FISH

| | |
|--|----|
| Savory Fish Loaf | 43 |
| Fish Salad | 43 |
| Tuna Fish Salad | 43 |
| Cheese Salmon Loaf | 44 |
| Tuna Salad in Tomato Cups | 44 |
| Tuna Salad | 44 |
| Tuna and Macaroni Salad | 45 |
| Tuna Waldorf Salad | 45 |
| Scalloped Tuna and Potatoes | 45 |
| Salmon-Macaroni Salad | 46 |
| Mullet with Barbecue Sauce | 46 |
| Sea Mulletts in the Round | 46 |
| Charcoaled Mulletts with Pizza Sauce | 47 |
| Flaked Fish with Baked Rice | 47 |
| Tunaburgers | 47 |
| Tuna Noodle Casserole | 48 |
| Baked Fish | 48 |
| Fish Shortcake | 49 |
| New England Fish Chowder | 49 |
| Broiled "Boned" Shad | 49 |
| Fish Chowder | 50 |
| Batter Fried Fish | 50 |
| Baked or Broiled Fish | 50 |
| Salmon Cutlets (Fried) | 51 |
| Tuna Squares | 51 |
| Tuna Casserole | 51 |
| Baked Fish | 52 |
| Tuna Casserole | 52 |
| Salmon Shortcake | 52 |
| Spicy Baked Fish | 53 |
| Fish A La King | 53 |
| Salt Fish | 53 |
| Pompano | 53 |
| Pan Fried Fish | 54 |
| Deep Fat Fried Fish | 54 |
| Baked Flounder | 55 |
| Charcoaled Mullett | 55 |

OYSTERS

| | |
|---------------------------------------|----|
| Oyster Dressing | 59 |
| Hot Panned Oysters | 59 |
| Oven Fried Oysters | 59 |
| Oysters, Country Fried | 60 |
| Fried Oysters | 60 |
| Oysters on Toast | 60 |
| Oyster Stew | 60 |
| Scalloped Oysters | 61 |
| Minced Oysters | 62 |
| Oyster Pie | 63 |
| Rice Oyster Ring | 63 |
| Baked Oysters on the Half Shell | 63 |
| Oyster Casserole | 64 |
| Oysters Rockefeller | 64 |
| Oyster Fritters | 64 |
| Angels on Horseback | 65 |

SHRIMP

| | |
|----------------------------------|----|
| Shrimp Dip | 69 |
| Cottage Cheese Shrimp Dip | 69 |
| Shrimp Scoop | 69 |
| Shrimp Canape | 69 |
| Shrimp Creole | 70 |
| Creamed Shrimp Casserole | 71 |
| Shrimp Creole | 71 |
| Shrimp Creole | 72 |
| Shrimp Casserole | 72 |
| Shrimp Noodle Casserole | 72 |
| Shrimp Supreme | 73 |
| Shrimp Curry | 73 |
| Shrimp Salad | 74 |
| Shrimp Salad | 75 |
| Shrimp Salad Short Pie | 76 |
| Shrimp Chow Mein | 76 |
| Shrimp Wiggle | 76 |
| Baked Shrimp and Rice | 77 |
| Grapefruit Shrimp Mousse | 77 |
| Shrimp Mold | 78 |
| Pickled Shrimp | 78 |
| Congeaed Shrimp Aspic | 79 |
| Shrimp Gumbo | 79 |
| Southern Fried Shrimp | 79 |
| Shrimp Macaroni and Cheese | 80 |
| Quickie Creole | 80 |
| Shrimp Jambalaya | 80 |
| Shrimp-Macaroni Salad | 81 |
| French Fried Shrimp | 81 |
| Sweet 'n Sour Shrimp | 81 |
| French Fried Shrimp | 82 |
| Shrimp Fantasia | 82 |
| Butterfly Shrimp | 82 |
| Shrimp Curry | 83 |
| Shrimp-On-A-Stick | 83 |
| Shrimp Fried Rice | 83 |
| Shrimp Scampi | 84 |
| Stewed Shrimp | 84 |
| Shrimp Remoulade | 84 |

COMBINATION DISHES

| | |
|---------------------------------------|----|
| Baked Fish with Shrimp Stuffing | 87 |
| Open-Faced Seafood Sandwich | 87 |
| Seafood Medley | 88 |
| Seafood Casserole | 88 |
| Seafood Mousse | 88 |
| Seafood Southern | 89 |
| Seafood Casserole | 89 |
| Baked Seafood Salad | 89 |
| Shrimp-Crab Salad | 90 |
| Seafood Newburg | 91 |

MISCELLANEOUS

| | |
|---|-----|
| Cocktail Sauce | 95 |
| Tartar Sauce | 95 |
| Shrimp Cocktail Sauce | 95 |
| Seafood Dressing | 95 |
| Dressing for Cabbage Slaw | 96 |
| Hush Puppies | 96 |
| Tar Heel Hush Puppies | 96 |
| Mammy's Corn Bread | 97 |
| French Fried Squid | 97 |
| Turtle Hash | 97 |
| Broiled Shad Roe | 98 |
| Fried Menhaden Roe | 98 |
| Barbecue Sauce for Fish | 98 |
| Cleaning Conchs | 99 |
| Conch Stew | 99 |
| Conchs | 99 |
| Stewed Conchs | 100 |
| Conch Stew | 100 |
| Conch Fritters | 100 |
| Conch Chowder | 101 |
| Corn Meal Dumplings (For Stews, Etc.) | 101 |

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